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SX	0% + \$1,750[†] FINANCING FOR 48 MONTHS		EX FEATURES PLUS: PUSH BUTTON IGNITION WITH SMART KEY LEATHER SEATS AVAILABLE NAVIGATION SYSTEM ⁴

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SX	0% + \$1,500[†] FINANCING FOR 84 MONTHS		EX FEATURES PLUS: LEATHER SEATS WITH AIR-COOLED DRIVER SEAT SMART KEY WITH PUSH BUTTON START NAVIGATION SYSTEM

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See Page 15

Big summer for Mooseheads' top pick

Brett Crossley working towards first QMJHL camp, under-17 evaluation **PAGE 26**

'I was scared, for sure'

Halifax bus driver is reeling after one of his passengers was shot with a pellet gun **PAGE 2**

PLAYING GAMES IN THE PAST

LOCAL BAR OWNER IS DITCHING THE PRESENT AND GOING BACK TO 1917 FOR AN UNUSUAL GAMING EXPERIENCE **PAGE 5**



FREE TUNES AT VICTORIA PARK

Master Warrant Officer John Cuming conducts the Canadian Armed Forces Reserve Composite Band as part of a free Royal Nova Scotia International Tattoo performance at Victoria Park on Monday during the lunch hour. The last performance of this year's Tattoo, which began on July 1, is on Tuesday night.

DESIREE FINHERT/FOR METRO

'I can't believe this day is here'

Home for Colored Children. Survivors celebrate legal settlement

Hugs, sobs of relief and applause erupted Monday in a courtroom as a judge approved a \$29-million settlement between the Nova Scotia government and alleged survivors of abuse at the Nova Scotia Home for Colored Children, ending a nearly 15-year legal battle in a province with a strained racial history.

"I can't believe this day is here and the healing process can truly start to begin," said Tony Smith, who became emotional as he spoke after the decision by Justice Arthur LeBlanc in the Nova Scotia Supreme Court.

Smith is a former resident of the Dartmouth orphanage who was among

those who started the legal process when he began sharing his experience at the group home.

"This is major," he added. "Nova Scotians in general want to turn a page, and one of the pages is being turned."

Former residents of the home allege they suffered physical, psychological and sexual abuse mostly at the hands of caregivers while living in the orphanage, which opened in 1921 and operated for nearly 70 years.

The home is now a short-term residential facility for children of all races.

An advertising campaign is planned across Canada to inform former residents of the settlement and encourage eligible claimants to come forward. So far, about 185 claims have been filed.

Those who allege they were abused have until Aug. 18 to opt out of the proposed settlement.

Winston Parsons told the

At a glance

- The province does not admit liability, according to terms of the settlement approved Monday.

court about the two separate times he lived at the home in the mid-1980s.

"My life was hell," said Parsons, 45, breaking down in tears.

Parsons said he spent nearly 25 years in provincial or federal jails after suffering abuse at the hands of those who were meant to care for him, experiences he says still haunt him.

"I feel like I'm on top of the world right now after getting that off my chest," Parsons said outside court. "My whole life I was labelled: foster child, group-home boy, punk, thug, gangster. I'd like to know what they would label me today." **THE CANADIAN PRESS**



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Metro Transit bus driver Darrell Knox on Monday. DESIREE FINHERT/FOR METRO

'It shocked the hell out of me'

21-year-old arrested.
Halifax bus driver
helps passenger shot
by pellet gun

DESIREE
FINHERT
halifax@metronews.ca

A Halifax bus driver is reeling after one of his passengers was shot with a pellet gun moments before boarding his bus.

Darrell Knox was driving the No. 20 Metro Transit bus down Herring Cove Road, en route to the Mumford Terminal on Sunday evening when he picked up a crowd of people

Quoted

"My main focus was on her, not the other passengers. When someone tells you they've been shot, you're kind of overwhelmed." Darrell Knox, Metro Transit driver

near Greystone Drive just before 6 p.m.

"She didn't tell me she'd been shot until I got the bus rolling," Knox said on Monday. "She waited two or three stops before she told me she'd been shot."

He was told a story about someone throwing rocks and firing a pellet gun at seniors waiting at the bus shelter, and the woman showed Knox the

welt on her side.

"I was scared, for sure. It shocked the hell out of me," he said.

He said he immediately called his dispatcher, who then called police.

Police, paramedics and Metro Transit personnel met up with the bus further down his route, he said.

A 54-year-old woman was treated by paramedics for

minor injuries at the scene, and released.

"From the evidence at the scene we located the area," said Const. Pierre Bourdages, Monday.

Police arrested a 21-year-old man who they said had been firing a pellet-gun from his apartment window in the 400-block of Herring Cove Road.

The suspect will appear in court at a later date facing assault with a weapon and possession of weapons dangerous charges.

"Even though you're talking about a pellet gun it still has velocity," said Bourdages. "You could sustain a welt from it."

20-year-old man charged in Spryfield shooting, relationship father-son: Source

A 20-year-old man is facing 17 charges, including attempted murder, for allegedly shooting his own father on Sunday night in Spryfield, Metro has learned.

Police were called to the 0-100 block of Williams Lake Road where they found a 46-year-old man had been shot.

The victim was transported to the QEII hospital with life-threatening injuries, but police

17 charges

Tyler Robert Anderson is facing 17 charges including attempted murder, multiple weapons related charges and breach of conditions.

said he is now in stable condition.

Police say they know the victim had been arguing with a man outside a residence, when that man allegedly pulled out a gun and shot him.

Halifax Regional Police spokesman Const. Pierre Bourdages would only say the victim and accused are known to one another.

A source tells Metro the relationship between the victim

and accused is father and son.

"Containment was set up, a K9 track was initiated and five male suspects were located and taken into custody without incident," a release states.

Four of those men have since been released.

"We do believe they were there, but they were not involved," Bourdages said.

PHILIP CROUCHER/METRO

Bogus calls and emails

Cops warn of two active scams

RCMP in Nova Scotia say there are two telemarketing scams currently in play in the province.

According to a release, there have been several reports over the last few days of someone calling residents claiming to be an RCMP constable. The caller asks for a donation of \$100 to \$300 to fund an RCMP anti-bullying book.

Those who tell the man they won't provide credit card information over the phone, or who ask for more information to be sent by mail, are told they're being transferred to another agent — and the man hangs up. Monday's news release states that the RCMP never conducts fundraising by phone.

On Sunday evening, Tantallon RCMP also received complaints from residents who said they received an email from someone claiming an assassin will be assigned to kill the resident if they don't hand over extortion money.

RCMP are asking anyone who receives the assassin call or email to hang up the phone or delete the email without responding. **METRO**

Lunenburg County

Police search for man in suspected break-in, assault

The Mounties in Lunenburg County are on the lookout for a man suspected of breaking into a local business and assaulting a woman who was inside at the time. The RCMP have released an artist's sketch of the suspect, who allegedly broke into the Oakland area location June 13 at about 2 a.m. "During the incident, a woman was assaulted by an individual and received non-life threatening injuries," police say.

Anyone with information is asked to call the RCMP or Crime Stoppers.

METRO



An artist rendering of the suspect. COURTESY OF RCMP

EHS. Union: Attack points to dangerous paramedic work

Emergency Health Services says it's rare for one of their paramedics to be chased by a patient with a knife, but that the job is inherently dangerous.

A paramedic supervisor was reviving an unconscious man inside an apartment in the 200 block of Wyse Road Saturday, when the man reportedly pulled out a knife and chased the paramedic away.

"Sometimes pieces of the puzzle aren't known and a paramedic walks into a dangerous situation," said Terry Chapman, CEO of the International Union of Operating Engineers, Local 727. "There's always that possibility. The possibility of it happening is every call."

After 20 years as a paramedic, Chapman said he has attended about 20 calls where things have gotten physical.

"The inherent possibility (of danger) is enough that it's in the back of their mind every call," said Chapman.

Unlike police, these first responders aren't allowed to use physical force. Paramedics are given verbal de-escalation training, which is what got this worker out the door safely.



Paramedic vehicles are seen in this file photo. THE CANADIAN PRESS

Jeff Fraser, director of provincial operations, said paramedics deal with a variety of situations, including disoriented patients, and they are trained to deal with violence. He could not speak specifically to the patient's health in this instance or what might have prompted the reported attack.

While the risk is always there, there is no push to better safeguard paramedics.

"We focus on the ability to be proactive and not to put our staff in these situations," said Fraser. "They use their training to get themselves out of the spot that they're in."

Samuel Alexander Bernard, 31, was arraigned in court Monday following Saturday's incident. DESIREE FINHERT/FOR METRO

SIRT. Suspect's broken ankle during chase spurs probe

Nova Scotia's police watchdog is investigating after a suspected shoplifter broke his ankle while being pursued by police in Bridgewater.

The Serious Incident Response Team says the 26-year-old man was being chased by police on Sunday after being accused of shoplifting from a grocery store.

Police say the man fled the scene and was seen jumping from a roof of a nearby build-

Mandate

SIRT investigates all serious incidents involving police in the province, regardless of whether there is an allegation of wrongdoing.

ing. He broke his ankle upon landing and was taken to hospital.

THE CANADIAN PRESS

Church damaged in another arson

Investigation. Fire leaves smoke and water damage at St. Andrew's United

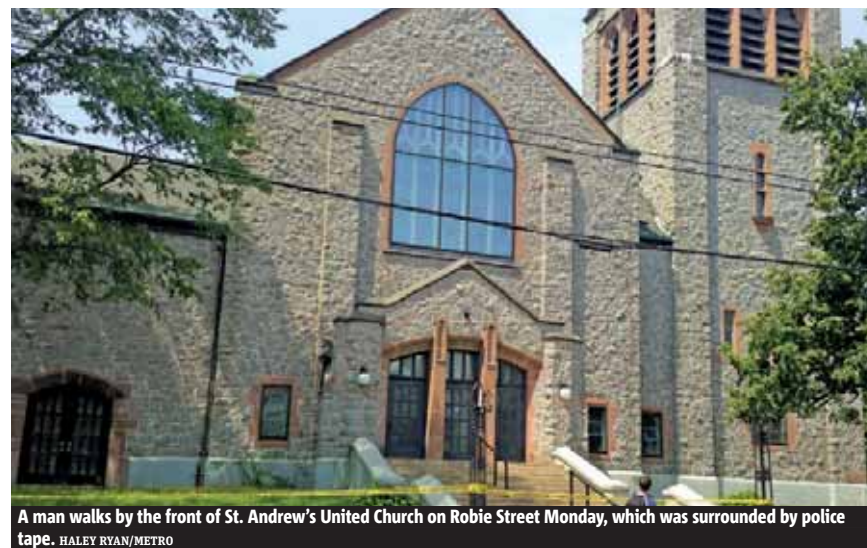
For the second time in nearly two months, police were on scene at St. Andrew's United Church in Halifax, gathering evidence after a fire was deliberately set in the building.

Five trucks and 20 firefighters responded to a blaze at the church on Coburg Road around 11 p.m. Sunday, said Halifax regional fire spokesman Phil McNulty.

"The fire was quickly knocked down," McNulty said Monday, adding there was smoke and water damage to the building.

Fires linked?

Halifax Regional Police spokesman Const. Pierre Bourdages said both cases remain under investigation, but it's "really too early" to tell whether they are related.



A man walks by the front of St. Andrew's United Church on Robie Street Monday, which was surrounded by police tape. HALEY RYAN/METRO

A sharp smell of smoke hung around the area Monday afternoon, and police tape blocked off the property as Halifax Regional Police officers investigated.

Police spokesman Const. Pierre Bourdages said the case is considered an arson, based on the "totality of evidence"

collected.

"Once it became obvious that it was suspicious, then we had our investigators step in," he said.

Nearly two months ago on May 12, police and fire crews responded to the church after an alarm call around 2 a.m.

Police said the church was

found to be "insecure" and two piles of debris had been set on fire in the church near the offices with some type of accelerant.

The small blaze was quickly put out, and damage was minimal. No arrests have been made.

HALEY RYAN/METRO

Man suffers injury at RCMP detachment

The independent agency that investigates serious incidents involving police in Nova Scotia is looking into the case of a man who was injured while inside the RCMP detachment in Enfield.

The Serious Incident Response Team says the 45-year-old man was arrested Friday for being intoxicated in a public place.

The team says the man was injured when there was an

altercation while he was being booked at the detachment.

Paramedics later examined the man and determined he could stay overnight in the RCMP cells.

However, the man was

taken to hospital the next day when he continued to complain about his injuries.

The team says it was later determined the man was suffering from a broken rib.

THE CANADIAN PRESS

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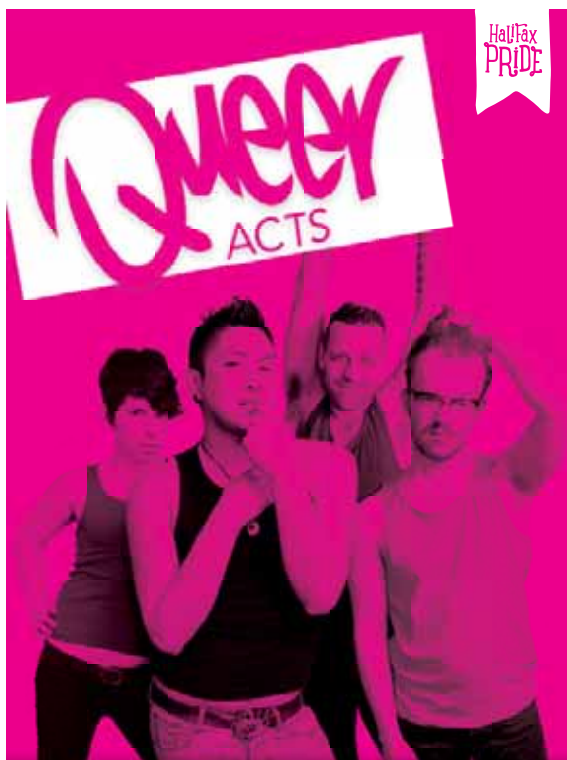
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Director and Dramaturge Ed Roy



Redheaded Stepchild
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Written and Performed by
Johnnie Walker



Let's Not Beat Each Other To Death
Thursday - Sunday, 10:30pm
@ The Bus Stop Theatre
Written and Performed by
Stewart Legere



**A Boy And His Dog:
Stories From A Life**
Friday & Saturday, 7pm
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Emerging Queer Artists Program
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Gettin' some summertime siesta in the Public Gardens

Malgras Aurelien, a navy seaman from France, takes a nap in the Public Gardens during the lunch hour on Monday. Temperatures reached about 25 C to begin the work week, with a mixed-bag of weather forecast for the next several days. DESIREE FINHERT/FOR METRO

Emergency crews 'saved his life'

Trapped. Tree falls on man during post-tropical storm Arthur

Quoted

"Myself and the family, we feel that the fire department, police and ambulance deserve the recognition." Barbara Pratt

Fast action and mutual co-operation by emergency responders is being credited with saving the life of an Onslow-area man struck down by a falling tree on Saturday.

"They saved his life," said Debert resident Barbara Pratt regarding her father-in-law David Pratt, of the actions of the Onslow-Belmont Fire Department, paramedics and RCMP officers who arrived at the scene.

"He had two punctured lungs and it was by their quick response and everything that he was saved."

As of Monday, Pratt said, her

father-in-law was under medical care in the intensive care unit of the QEII Health Sciences Centre in Halifax.

He also had broken ribs, a broken leg, a broken shoulder blade and cuts to his head.

"He was laying on the ground. He was trapped under the tree," she said. "All you could see was his face."

Pratt said the incident occurred as post-tropical storm Arthur tore through the area Saturday morning.

"A branch had fallen and he had gone out to investigate to make sure it didn't hit his

mother's house," she said.

In the process, David Pratt's hat blew off his head, she said, and when he went to retrieve it, the rest of the tree "pretty much came down on top of him."

And while time seemed to stop for awhile as family members looked on, in reality they were very quick as the three groups acted as one to free him, said Pratt.

"Even the police officers were helping move branches and stuff trying to clear the area. Like, they were very helpful," she said. "And they were



David Pratt TRURO DAILY NEWS

physically hands-on," she said of the police officers, in assisting the fire department and paramedics.

The emergency officials were also "very informative with us," she said.

"They tried to keep everybody calm. They jumped right in to help as much as they could to save his life."

TRURO DAILY NEWS

Thousands still without power due to Arthur

Strong winds

140

The strong wind speeds from Arthur came in at 140 km/h in Greenwood.

Power said more than 40,000 of its customers didn't have

power — and restoration of power in some areas would have to wait until Thursday.

All New Brunswick government offices in the Fredericton area were closed due to power outages caused by the storm.

The city was among the hardest hit areas over the weekend.

Arthur lost its hurricane status just before hitting the Maritimes, but it still packed a brutal punch, with heavy rain and strong winds that toppled trees and knocked out power for more than 250,000 customers at the height of the storm.

THE CANADIAN PRESS

Bar owner finds Great Escape from daily life

And you can, too.

North-end house the site of one unusual gaming experience



HALEY
RYAN

haley.ryan@metronews.ca

For the past nine months, the owner of Gus' Pub has been playing hooky from the present and stepping back into 1917.

Dimo Georgakakos recently opened the first live adventure game anywhere east of Toronto. Located in a green house on North Street next to Gus', the game traps groups of people in a room and forces them to work together on riddles and puzzles to solve The Great Escape.

"It's more brainy than scary," Georgakakos said Monday, before showcasing a neon-green welcome room where participants learn the story of Cameron Claymore III — the grandson of an inventor who "really" caused the Halifax Explosion in 1917 — who plans on unleashing the bomb again.

Georgakakos said the idea began last October when

Like no one ever was

"We have a chance to make the best one in the world, and that's what we're trying to do."

Dimo Georgakakos



Dimo Georgakakos, owner of Gus' Pub in Halifax and creator of The Great Escape real-life adventure game, poses for a photo on Monday with steampunk props from the experience. HALEY RYAN/METRO

he read about "real escape" games becoming popular in Japan and spreading to North America.

At first, Georgakakos said his friends and family had no idea what he wanted to create because it's "so new," but have come on board since he began working with local artists and prop makers to create a theatrical, steampunk experience.

"It's very visually stimulating," Georgakakos said, adding he's seen four other such rooms and his stands "head and shoulders" above them.

Groups of 10 or fewer can enter, he explained.

"This is something you can't do at home, and the social aspect is a big deal because people have been stuck in front of the screen for 20 years and they're dying to do

something socially," Georgakakos said.

A few friends could also pay the \$20 fee and be matched with another group.

"You do make connections," Georgakakos said. "The clock is ticking, so you have to help each other."

Georgakakos said he would like to have three stories going on at once, and is planning another about the Titanic.

The project is "something from the heart," Georgakakos said, which also draws on his Dalhousie University science degree and theatre class experience.

"It just gave me a chance to work with creative people, be creative myself," he said. "All I wanted to do was play hooky from everything else ... and do this all the time. It was so much fun."

Glace Bay

Parents recount day of horror after kids hit by vehicle

The father of two children, who are recovering at Halifax's IWK Health Centre after being struck by a vehicle in Glace Bay, said his son has been asking for only one thing.

"Home," said Tony Angione, 38. "He said, 'Dad, call a taxi and take me home.'"

Angione said it was a nightmare to see his children Destiny Burke, 11, and Braydon Burke, 8, sprawled out on the road Friday night.

"Terrifying... when I sat there and looked at my young fellow laying on the road with blood beside his head," Angione said, his voice cracking.

"I thought he was gone.... My daughter was rolled over, hollering, right next to him."

Police received a 911 call at about 10 p.m. Friday regarding two children hit while crossing near 696 Main St.

Angione had picked up his children on foot at their grandmother's home. The family had gone downtown to pick up some chicken and was returning to their home on Duke Street.

"They always went ahead of me but said they did the right thing — stopped at the crosswalk, looked both ways."

Angione said he was only two minutes behind them.

Jennifer Burke, mother of the two children, said her father came and drove her to the scene.

"Braydon's tire wasn't on the bike, his Crocs were still there — must have blown off his feet," she said. **CAPE BRETON POST**

Time for a **SALE!**

Friday, June 27th to
Saturday, July 12th

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More than 60 escape Boko Haram's grip

Nigeria. Girls and women kidnapped two weeks ago now free, but 200 taken in April still unaccounted for

More than 60 Nigerian girls and women abducted two weeks ago by Islamic extremists have managed to escape, officials said Monday, though more than 200 girls kidnapped in April still remain missing.

Nigerian security forces and federal officials have denied reports of a mass abduction June 22 from three villages in the northeastern state of Borno. But Chibok government chairman Pogu Bitrus said Monday he had verified that about 60 women and girls escaped last week by sending a representative to meet with some of the escapees and their families at a hospital in Lassa.

Civil patrol leader Abbas Gava in Maiduguri, capital of Borno state, said he was told 63 women and girls escaped Friday while their captors were engaged in a major attack on a military barracks and police headquarters in the town of Damboa.

The Associated Press had originally quoted witnesses and a local official saying that 90 people including about 30 boys had been kidnapped from the three villages on June 22. But Bitrus said those who escaped said no male individuals were abducted with them.

Boko Haram extremists have been waging an insurgency for five years in northern Nigeria, demanding the establishment of an Islamic state.

More than 2,000 people have died so far this year in the Islamic uprising, compared to an estimated 3,600 total deaths in the previous four years.

The group drew international condemnation for the April 15 abductions of more than 300 schoolgirls from a school in Chibok in the northern state of Borno. Some 219 of those girls are still missing.

The government and military failure to rescue them has attracted sharp criticism worldwide.

Boko Haram is demanding the release of detained fighters in exchange for the Chibok girls but Nigerian President Goodluck Jonathan reportedly has refused to consider a prisoner swap.

THE ASSOCIATED PRESS

Vietnam

Military chopper crash kills 16

A Vietnamese military helicopter on a parachute training mission crashed close to the Vietnamese capital on Monday, killing 16 people on board and critically injuring five others, officials and state-controlled media said.

The Russian-made MI-171 helicopter came down about 15 minutes after takeoff in a small village about 40 kilometres west of Hanoi.

Lt.-Gen. Vo Van Tuan, Vietnam military deputy chief of staff, was quoted as saying technical problems were suspected. He said the pilot steered the chopper away from a residential area, preventing other deaths. THE ASSOCIATED PRESS

Chemical weapons

Syria's stockpile needs double-checking: UN

The head of the international effort to rid Syria of its chemical weapons says the next step in the process is investigating possible discrepancies in Syria's declaration of its stockpile.

Sigrid Kaag briefed the UN Security Council Monday, just days after the last of hundreds of tons of Syrian chemical weapons were loaded onto a U.S. cargo ship for destruction.

Diplomats said Kaag told them that technical experts were talking to Syria about discrepancies between the weapons the country declared and what evidence on the ground has shown.

THE ASSOCIATED PRESS



In case of bulls running amok, curl up and take cover

Revellers fall as Torrestrella fighting bulls trot in the running of the bulls of the San Fermin festival, in Pamplona, Spain, Monday. Fifteen people have died from gorings since 1924. The bulls are invariably killed by matadors in evening bull fights, their meat served up in local restaurants. Animal rights activists protested the annual event over the weekend. Scan the photo with your Metro News App to see more photos from the run. ANDRES KUDACKI/THE ASSOCIATED PRESS

Bill C-36. Hearings begin on prostitution law draft

In a rare summer sitting, the House of Commons justice committee is examining Bill C-36, the federal government's proposed new prostitution law. Here is a primer on the proposed law:

Why a new law? Last December, in a case known as Bedford, the Supreme Court of Canada threw out existing prostitution laws, saying they violated the Charter of Rights and Freedoms. The court gave the government a year to bring in new legislation.

Choices: In some countries, such as New Zealand, prostitution is legal and regulated under labour and public health laws. The so-called Nordic model, followed in Norway, Sweden and Iceland, makes buying sex illegal, while selling it is not.

Old law: Selling sex was legal, but living in a bawdy

house or brothel was illegal, as was living off the profits of another's prostitution and soliciting sex in public.

New law: Selling sex remains legal, but buying it becomes a criminal offence. It will also be illegal for anyone to communicate for the purpose of prostitution and prohibits advertising the sexual services of others.

Pros: The government says the bill will protect vulnerable women and keep communities safe by allowing prostitutes to rent apartments, screen clients, hire a receptionist or security guard, and advertise their own services.

Cons: Sex workers say that because buying sex remains a criminal offence, the new law will drive prostitutes back into dark alleys and industrial zones, leaving them at risk.

THE CANADIAN PRESS

Israel. Suspects in deadly abduction confess: Official

Three Israeli suspects in the killing of a Palestinian teenager who was abducted and burned to death last week confessed to the crime on Monday and were re-enacting the incident for authorities, an official said, as the country's leaders raced to contain a public uproar over the slaying.

The authorities reported the confessions as violence continued on Israel's volatile front with the Gaza Strip. Palestinian militants bombarded Israel with some 40 rockets

and mortars, drawing Israeli airstrikes in retaliation, and at least eight Palestinian militants were killed.

The region has been on edge for weeks since three Israeli teenagers were kidnapped and killed in the West Bank. Last week, hours after the Israeli teens were buried, 16-year-old Mohammed Abu Khdeir was abducted from outside his home in east Jerusalem, and his charred remains were found shortly afterward in a Jerusalem forest. THE ASSOCIATED PRESS



Militants at a funeral of two Fatah militants killed by an Israeli airstrike in Bureij refugee camp, central Gaza Strip, Monday. KHALIL HAMRA/THE ASSOCIATED PRESS

Fahmy's family not reading into el-Sissi's words

Pardon or propaganda?

Egypt's president told media outlets the case had negative impact on country's reputation

The family of an Egyptian-Canadian journalist imprisoned in Cairo voiced cautious optimism Monday at an apparent expression of regret from Egypt's president over Mohamed Fahmy's case.

Fahmy was recently found guilty on terrorism-related charges along with two Al-Jazeera English colleagues in a trial denounced as a sham by a number of international observers.

The 40-year-old journalist

Quoted

"The verdict issued against a number of journalists had very negative consequences ... I wished they were deported immediately after their arrest instead of being put on trial."

Egyptian President Abdel-Fattah el-Sissi on the recent prison sentences handed down to Canadian journalist Mohamed Fahmy and two of his Al-Jazeera English colleagues

was sentenced to seven years in prison along with Australian Peter Greste, while another co-worker, Egyptian Baher Mohamed, was sentenced to 10 years behind bars.

Egypt's president, Abdel-Fattah el-Sissi, had initially taken a tough stance on the controversial case, saying he would not interfere in court rulings or the judicial process.

But in a surprising new

twist, el-Sissi told editors of certain Egyptian media outlets on Sunday that the heavy sentences in the case have had a “very negative” impact on his country’s reputation.

Fahmy's family said they didn't want to read too much into el-Sissi's comments but admitted the president's words had sparked a glimmer of hope.

THE CANADIAN PRESS



Paper released on world's largest flying bird

This undated image provided by the Bruce Museum in Greenwich, Conn., shows a reconstruction image of the world's largest-ever flying bird, *Pelagornis sandersi*. Its skeleton was discovered in 1983 in South Carolina, but its first formal description was released Monday by the Proceedings of the National Academy of Sciences. The gigantic bird had an estimated wingspan of around 21 feet, about the height of a giraffe. LIZ BRADFORD/BRUCE MUSEUM/THE ASSOCIATED PRESS

Germany

Foreign drivers targeted with new car toll

Germany plans to introduce a car toll that seeks to make money from the millions of foreigners who drive through

the country every year, the transport minister said Monday.

Germany has a truck toll but, unlike many European countries, no car toll. Minister Alexander Dobrindt said it wasn't fair that foreign drivers do not contribute to maintaining the roads and that "fairness gap" should

be closed. Dobrindt plans to introduce toll stickers in 2016 for all cars using any roads in Germany, not just highways. Foreign drivers will be able to get one-year, two-month or 10-day stickers online or at filling stations. The cheapest option, the 10-day sticker, will cost 10 euros (\$14.50 CAD).

THE ASSOCIATED PRESS

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Earthquake along Pacific coast rattles southern Mexico, Central America

6.9 magnitude. Officials have confirmed three earthquake-related deaths in Guatemala and Mexico

A magnitude-6.9 earthquake along the Pacific coast jolted a wide area of southern Mexico and Central America Monday, with at least three fatalities and damage to homes, hospitals and churches.

The U.S. Geological Survey said the quake hit at 6:23 a.m. on the Pacific coast, two kilometres north-northeast of Puerto Madero, near the Guatemala border. It initially calculated the magnitude at 7.1, but later lowered the figure to 6.9.

Guatemalan President Otto Pérez Molina said in a news conference that the only officially confirmed death in his

country so far was of a newborn hit by a piece of false ceiling in a San Marcos hospital.

Meanwhile in Mexico, civil protection officials raised the toll to two dead in the state of Chiapas, and said at least a dozen others were injured by falling tiles and debris.

Guatemala's national spokesman for local fire departments, Raul Hernandez, reported at least two other instances that had yet to be confirmed, of people dying in their homes from collapsed walls in the Guatemalan town of Pati, in the border province of San Marcos. A third person, a woman in Quetzaltenango, died from a heart attack, but it wasn't immediately clear if the heart attack was earthquake-related.

Pérez said the quake was felt in 12 of Guatemala's 22 states. There were reports of power outages and rock slides on some roadways in Guatemala.

Photos posted on social

Chiapas

- In the Mexican state of Chiapas, panicked people poured into the streets and the Red Cross said it was treating some frightened adults and children.

media sites and published by the Guatemalan newspaper Prensa Libre showed buildings with huge cracks across their facades in San Marcos, and one that apparently suffered a partial collapse.

"I thought the house was going to collapse," said Claudia Gonzales, 32, who ran to the street in the town of Comitán with her one-year-old daughter.

The quake was felt across a broad swath of southern Mexico and as far away as Mexico City, but officials had no immediate reports of damage.

THE ASSOCIATED PRESS



Houses collapse in Philly, families displaced

Two collapsed row houses are sectioned off for safety Monday in Philadelphia. Both homes were reported to be occupied when they collapsed in on each other, and while several families have been displaced, authorities said no one was injured. Several neighbouring homes were also damaged. An investigation into the cause of the collapse is underway. MATT ROURKE/THE ASSOCIATED PRESS

Honduras

Authorities make last-ditch effort to rescue miners

Authorities are making a last-ditch effort to rescue eight men trapped in a small gold mine in Honduras.

Geologist Anibal Godoy is heading the rescue and recovery operation at the San Juan Arriba mine in a municipality known as El Corpus. Eleven workers who were in the mine were able to flee immediately, and three others were rescued Friday.

THE ASSOCIATED PRESS

Pope Francis

Pontiff meets sex-abuse victims

Pope Francis begged forgiveness Monday in his first meeting with Catholics sexually abused by members of the clergy and went further than any of his predecessors by vowing to hold bishops accountable for their handling of pedophile priests.

The pope held a private mass with six victims, and spent the morning listening to their accounts.

THE ASSOCIATED PRESS

Azamat Tazhayakov. Trial starts for friend of suspect in Boston bombings

Boston Marathon bombing suspect Dzhokhar Tsarnaev sent a text to a friend 90 minutes after the deadly explosions and said, "Don't go thinking it's me," a federal prosecutor told jurors Monday during opening statements at the friend's obstruction trial.

Assistant U.S. Attorney Stephanie Siegmann also revealed that a month before the bombings, Tsarnaev told the friend, Azamat Tazhayakov, and another pal that "it was good to die" a martyr.

Tazhayakov has pleaded not guilty to obstruction of justice and conspiracy charges. He and his roommate, Dias Kadyrbayev, went to Tsarnaev's University of Massachusetts-Dartmouth dorm room several days after the bombing and removed a backpack, fireworks that had been emptied of their black powder and a laptop computer, prosecutors say.

Tazhayakov's defence lawyer, Nicholas Wooldridge, told jurors that his client isn't a terrorist and never intended to help Tsarnaev. Wooldridge told the jury that Tazhayakov "never even touched that bag" and never agreed to throw it away. He said Kadyrbayev took



This May 13 courtroom sketch depicts Azamat Tazhayakov.


JANE FLAVELL COLLINS/THE ASSOCIATED PRESS

the backpack and threw it away.

Tsarnaev is accused of working with his now-dead brother to place two bombs near the finish line of the 2013 marathon, killing three people and injuring more than 260. His trial is scheduled for November.




Kadyrbayev faces his own trial in September. Investigators said Tazhayakov agreed with the plan to get rid of the backpack but that Kadyrbayev threw it away. A third college friend, Robel Phillippos, is accused of lying to authorities.

THE ASSOCIATED PRESS




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The big three. Ottawa aims to open up wireless market with spectrum sale

The federal government offered a new source of hope for Canada's small wireless companies on Monday, giving them a shot at high-quality wireless spectrum earlier than expected and limiting how much can be purchased by the largest players.

Industry Minister James Moore said Monday that the government will hold an auction of high-quality AWS-3 spectrum early next year and set aside about 60 per cent of the available capacity for the companies that have emerged since 2008.



James Moore
THE CANADIAN PRESS

The government has sought to increase competition in the wireless sector that is dominated by Rogers, Telus and BCE's Bell.

However, so far, none of the smaller rivals to the big three has amassed even a million subscribers — compared with between about 7.8 million and 9.4 million at each of the big three. **THE CANADIAN PRESS**

Market Minute



DOLLAR
93.66¢
(-0.18¢)



TSX
15,172.93 (-42.03)



OIL
\$103.53 US (-\$0.53)



GOLD
\$1,317 US (-\$3.60)

Natural gas: \$4.23 US (-\$0.11)
Dow Jones: 17,024.21 (-44.05)

Washington shops 'stoked' to start selling legal weed



Stevie Askew, a worker at Sea of Green Farms, packs recreational marijuana into blunts that will be sold in stores when legal recreational pot sales begin Tuesday in Washington state. **TED S. WARREN/THE ASSOCIATED PRESS**

Rolling in the green?
Washington state issues its first recreational marijuana shop licences to 24 stores

Washington state issued its first retail marijuana licences Monday, with a middle-of-the-night email alerting bleary-eyed pot-shop proprietors that they'll finally be able to open for business.

"We're pretty stoked," said

Sparks excitement

"No one thought legalization could happen in our lifetime. I think this is going to be a little overwhelming for me."

Alison Holcomb, the Seattle lawyer who drafted Washington state's law legalizing recreational marijuana

John Evich, an investor in Bellingham's Top Shelf Cannabis, in an early morning interview with The Associated Press. "We haven't had any sleep in a long time, but we're excited for the next step."

Randy Simmons, the state Liquor Control Board's project manager for legal marijuana, said Sunday night that the first two dozen stores were being notified so early to give them an extra few hours to get cannabis on their shelves before they are allowed to open their doors at 8 a.m. Tuesday. The store openings are expected to be accompanied by high prices, shortages and celebration.

The state licensed 14 stores in western Washington and 10 in eastern Washington.

Spokane has three stores. Vancouver (not the Canadian one), Tacoma and Bellingham each have two. Seattle and the other cities on the list have one each.

THE ASSOCIATED PRESS

Space tourists taking off?

Virgin Galactic appears to be getting closer to reaching its long-delayed goal of launching tourists into space.

The company said Monday it has selected Hotel Encanto de Las Cruces as the preferred hotel for its elite roster of passengers, who will pay \$200,000 US a person to make the flights from Spaceport America.

Virgin Galactic also announced a contract with World Class Gourmet of Las Cruces to provide catering for travellers during their training at Spaceport. The company said it is relocating more of its staff to New Mexico and will be hiring locally in the next

Rewriting history?

2010

Originally, Branson had said he hoped to launch the flights by the end of 2010. The company is now hoping to begin operations by the end of this year, although its public relations agency said in a statement that the schedule "will ultimately be dictated by safety and readiness — as has always been the case."

few months.

Virgin Galactic is the anchor tenant in the futuristic \$209-million Spaceport America, that the state built as a place for company founder Richard Branson to launch his flights.

But the project and Virgin have been plagued by delays.

The partnership with the hotel, however, addresses concerns about where celebrities — and others who can afford the pricey flights — will stay while they go through pre-space flight training.

Early on in Spaceport's development, there was talk of building an ultra-luxury hotel in the area. And about four years ago, when Branson announced he was creating a Virgin hotel brand, he told a hotel conference one of the first ones might be built near Spaceport. But that project never came to fruition.

THE ASSOCIATED PRESS

Try to top the Priestley

One lucky Canadian will have the chance to add their dream doughnut to the Tim Hortons menu and walk away with \$10,000 as winner of Duelling Donuts contest, launched Monday by the iconic bake shop.

Home chefs have until Aug. 1 to whip up a uniquely delicious doughnut. Contestants will first have to create a virtual doughnut on the contest site and argue their case in a written submission.

Eight finalists will defend

their culinary creation to a celebrity panel, including actor Jason Priestley, musician Jann Arden and pastry chef Anna Olson. After the panel chooses four submissions to advance, the final word on who will walk away with the prize money will be left to an online vote. The winner will be announced Aug. 28.

Tim Hortons launched the contest last year, attracting 63,000 submissions. The idea came from a Jason Priestley

cameo on How I Met Your Mother, where Priestley created a doughnut named after himself. A Tim Hortons chef made the Priestley Doughnut a reality and public interest inspired the idea for a contest where anyone could design their own doughnut.

Last year's winning submission was the Tortoise Torte — a chocolate, caramel and pecan creation — by 39-year-old Andrew Shepherd.

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HOME IS WHERE THE HARD IS

I've watched enough television programs in my life to know that when it comes to renovating your home, anything that can go wrong, will go wrong. Still, like every naïve homeowner who decides to embark on a home improvement project, I didn't think it would ever happen to me.

Everyone knows that renovations take twice as long and cost twice as much as you ever plan for. We've all heard second-hand tales of dishonest contractors and unexpected extra costs that add up.

And yet, spending on home renovations in this country has doubled in the past 15 years. According to a new report by real estate consulting company Altus Group, Canadians spent a record \$63.4 billion on repair and remodelling projects in 2013 alone. Industry experts attribute this surge in spending to popular reality TV shows that have us all yearning for flashy finished basements, open-concept kitchens and designer en-suite bathrooms.



SHE SAYS
Jessica Napier
metronews.ca

mould.

Thousands of dollars, hours of effort and countless tears later, we are still without air conditioning. It would be funny if it wasn't

Like the rest of Canadians under the influence of this so-called HGTV effect, I, too, am keen to add value to my own small piece of property.

My boyfriend and I decided that this year's upgrade project would be to install central air conditioning in our townhouse.

I never would have imagined that something that seemed like such a simple undertaking would result in a series of disasters that would leave us without hot water, without a working toilet and without the will to go on.

Roofers, plumbers and electricians — all of them inexplicably named Mike — have paraded through our home to evaluate and overcomplicate the various steps involved in the project.

We've grappled with water damage to our ceiling, a carbon monoxide leak and the threat of

Tough reno

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day.

such a terribly long and expensive headache.

There's nothing like a home renovation nightmare to test your relationship and your own emotional resolve.

I used to think I was pretty resilient in a crisis but recently I've been averaging about three major meltdowns a day. I'm not even concerned about keeping the project on budget anymore as I'm much more worried about keeping my sanity.

I know that one day this whole ordeal will just be a humorous anecdote I share at dinner parties, but for now I'm confused, frustrated and very hot.

I guess the only thing to do is to keep calm and carry on with plenty of patience and a powerful oscillating fan.

HEAVY RAINS IN MUMBAI



A boy stands beneath water pouring from a roof during monsoon rains in Mumbai, India, Monday. The monsoon rains usually hit India from June to September but this year's rains got off to a slow start. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Surviving monsoon season

Everything gets soaked when the monsoon arrives in Mumbai and every year the poor neighbourhoods are the worst hit.

Many of the city's sprawling slums are built at sea level, hugging the shores of brackish rivers or the Arabian Sea. Brown water, and sometimes the garbage and dead rats it carries, pours into the shanty homes, making it almost impossible to stay dry.

In Ganesh Murti Nagar, a typical slum in south Mumbai, residents shared their tips on how they get through the monsoon season:

1. Live the high life. Residents build their beds and shelves high above the ground, so they can sleep and store their belongings above rising waters.

2. Don't cook. The classic Mumbai street snack, Vada pav — a spicy potato-patty on a bun — becomes a staple because cooking and storing food become so difficult with all the water.

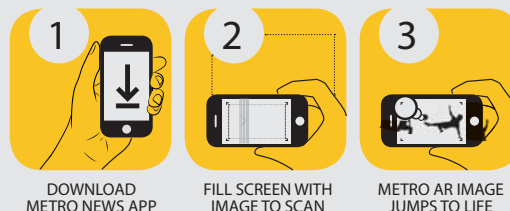
3. Stay home. If you don't have to be at work — and even when you do — often the best option is to just wait in bed for the filthy tide of water to recede.

4. Put plastic on everything. Even the best-built slum homes can leak, so people tend to try to waterproof everything.

5. Keep the power off. To prevent getting shocked, people prefer to keep the power off when it's raining. To move around at night, they use flashlights and the light from their cellphones. [BLOGS.WSJ.COM](http://blogs.wsj.com)

METRO AUGMENTED REALITY

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In this issue, you can find AR enhancements on page 6 in News, page 11 in Scene and page 27 in Sports

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MetroTube

The leak that wasn't



ANDREW FIFIELD
andrew.fifield@metronews.ca

All in all, we seem to be handling the approaching Star Wars sequels with remarkable grace and calm, though it's hard to say whether that's because the 2015 release date seems like a galaxy far, far away or if we're still too wounded by the prequels to love again.

Either way, we can look forward to a steadily increasing supply of fan service — either made by fans or cleverly made to fool us into thinking it was. You can see what seems to be the former here as Imperial military forces enjoy a little downtime at a Frankfurt airport, created and cruelly titled by Frank Wunderlich. (Frank Wunderlich/YouTube)



SCREENGRAB

DVD review



Bad Words

Director. Jason Bateman

Stars. Jason Bateman,
Kathryn Hahn

How do you spell nasty? It's B-A-D W-O-R-D-S. This stinging comedy about a hateful adult crashing a kids' spelling bee is the feature directing debut of actor Jason Bateman, who also stars. Bateman's Guy Trilby is the most sexist, racist, homophobic, profane and unscrupulous spelling bee participant you could possibly imagine. Trilby is also 40 years old, which makes him a serious anomaly amongst the grade school kids he's competing against. By exploiting a loophole, he's out to win the National Quilt Spelling Bee, much to the consternation of the administrator (Allison Janney) and an elder statesman (Philip Baker Hall). Almost unrelenting in its takedown both of an American institution and the country's obsession with victories big and small, *Bad Words* is more misanthropic fantasy than satiric fiction.

PETER HOWELL

Ethan Hawke reflects on percolating project

Boyhood. Actor spent a dozen years working with director Richard Linklater to create latest film



NED
EHRBAR

Metro World News in Hollywood

Ethan Hawke has been waiting a long, long time to talk about his new film, *Boyhood*. Directed by regular collaborator Richard Linklater, the film was made a month at a time over the course of 12 years to chronicle the development of a boy (Ellar Coltrane) from ages five to 18 and his parents (Hawke and Patricia Arquette).

When was it OK to start talking openly about this project?

You know, it's strange because the way the Internet has exploded through the course of making the movie, that became a kind of dialogue. Last year when Rick and I were doing the release of *Before Midnight*, people really started asking us a lot about it for the first time. And for a long time, even if it would be on IMDb or something, it didn't really make people's radar. It was hard for people to even understand what we were up to, and we certainly didn't want to talk too much about it before it was real. The truth is we really tried not to talk about it, but sometimes it was impossible. I would get too excited and I have a blabbermouth anyway.



Boyhood opens in select theatres this summer. CONTRIBUTED

Keeping a level of film-making consistency over 12 years seems rather daunting.

It's an overused word, but Rick really had a vision. Most movies are sprints and just require an immediate kind of discipline, but this movie required real patience. Rarely in film do you have that kind of gestation process. Rick was kind of born a fully developed filmmaker. I mean, *Dazed and Confused* was his second film and it's an incredibly well-made film. He hasn't changed much, so I don't think it was hard for him to maintain a continuity

of style and approach over 12 years. It's just who he is.

At this point, how much of your life has been spent being directed by Richard Linklater?

It's funny, you know, I've made eight films with Rick, so I've spent a large chunk of my life on film sets with him. And if you add up all the promotion and all the rehearsal, it starts to be a huge chunk of my life. And I just can't think of any better way to spend it. I don't know how to say these things so they don't come out the wrong way, but Linklater has

AUGMENTED REALITY

→ Scan this photo with your Metro News app to watch the trailer for *Boyhood*, and just try not being moved.



→ See the full instructions on Metro's Voices page.

a specific kind of ethos to his films that I'm really happy to be a part of.

2 SCENE

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Solange ALL PHOTOS GETTY IMAGES

Solange comes clean about Knowles family drama ... sort of

It's been the most anyone had talked about Solange, well, ever, and that's unfortunate because she has a killer voice and amazing style. But the blogosphere just can't resist some Knowles family drama.

Now, Solange is (sort of) coming clean about the whole fight between herself and Jay Z that happened at

the Met Gala in May. "What's important is that my family and I are all good," she tells Lucky magazine, adding that she hopes she never has to talk about this whole thing ever again. "What we had to say collectively was in the statement that we put out, and we all feel at peace with that," she says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Joan Rivers can dish it, but she can't take it

LISA WEIDENFELD

Metro World News in New York City

Joan Rivers had quite the weekend. After footage surfaced of her calling President Barack Obama gay and the first lady a "tranny," she then went on CNN to talk to Fredricka Whitfield about her new book.

Whitfield pushed her a little bit about her meanness, and then Rivers got tired of the interview, told Whitfield she shouldn't be interviewing comedians and departed. There's even a literal mic drop, as she starts to pull it off when she decides to go.



Whitfield, who in the moment seems to think it's all in good fun, clarifies that it was not actually a prank at the end of the video. Rivers really did get mad that Whitfield asked her about her decision to wear a fur coat. It's possible that it wasn't specifically Whitfield who pushed Rivers over the edge — she's been getting flak for years about whether she's too mean, and Whitfield may simply have been the last straw.

Zac's new relationship is fast and furious

It's safe to say no one saw this coming. Zac Efron has been spotted locking lips with ... Michelle Rodriguez?

The odd couple has sparked dating rumours during their trip to Sardinia with wealthy Italian pal Gianluca Vacchi, who took Efron, Rodriguez and friends out on a leisurely daylong yacht excursion. It was there that the scantily clad stars

were spotted getting frisky with each other and locking lips — which is odd, because we thought Rodriguez liked girls and Efron was more into drugs, but whatever.

For one thing, the makeout session would suggest Rodriguez is no longer seeing girlfriend Cara Delevingne. We could make a Fast and Furious joke here, but honestly we're a little too caught off guard.

Twitter



@Harry_Styles

Sooooo... The weather?



@samantharonson

At some point in my life I made a mistake and am now someone who doesn't know anyone who owns a boat of any kind.



@katyperry

Social media: a great place to start your psycho-analysis on someone!



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One sign you need a holiday? When you sprout another set of arms. EEK! THINKSTOCK

The vacation fairy is calling

Stress experts tell Metro when it's time to take a break, before your stress breaks you.

ROMINA MCGUINNESS
Metro World News

Your mind feels like mush

According to research by Harvard Medical School, the stress response kicks off in the brain: the eyes and ears send information to the amygdala, responsible for emotional processing, which then sends a distress signal to the hypothalamus, the command centre, which then communicates with the rest of the body via the nervous system. Blood is rerouted to organs, and away from the brain. "If you're constantly stressed and keep starving your brain of oxygen and blood, you're no longer going to access full mental capacity," says stress coach Dr. Cynthia Ackrill.

You have dry, yellow-y skin

"The moment your body senses danger the narrowing of blood vessels occurs. Arteries and veins constrict to stop you from bleeding to death, in case you get wounded," says oxidative stress expert Dr. Simone Laubscher. But you don't need nice skin to survive, right? Precisely why it's the last area that's going to get blood: "The skin is not just a cover, it's a living organ. And if it's not getting the right amount of oxygen or nutrients, it's going to look pale and sallow," Laubscher adds.

You feel fat

According to Dr. Kathleen Hall, founder and CEO of The Stress Institute and Mindful Living Network, if your cortisol levels are out of whack, your whole system will spiral: "Cortisol is a stress hormone. It has the power to make your system race or slow. Take your metabolism: When you're under acute stress, your body needs more energy, so your expenditure goes up. But as this stress develops into a chronic condition and your body becomes increasingly fatigued, the cortisol slows everything back down. Because if it doesn't, you won't cope."

You're not breathing properly

"Stress causes your breathing to become rapid and shallow. You're getting oxygen in, but not releasing enough carbon dioxide (Co2). This build up of Co2 is toxic, and can lead to acidosis, a condition in which there is too much acid in the body fluids," explains Laubscher. The obvious solution? Exhale, says Ackrill. "By slowing down the breath and making your exhale longer than your inhale, you're sending signals to the brain telling it to calm down."

Your digestive system is slow

"Digestion is controlled by the central nervous system (CNS), so when the stress activates the fight-or-flight, it's suddenly all about survival — not the cheesy nachos you had for lunch. So even though your GI tract is one of the most muscle-strong systems in the body, what's going on in there isn't of critical importance; the CNS can just shut down the blood flow there and reroute it to the vital organs," Hall says. This means that until the stress is over, your stomach, and therefore digestion, is on hold. Gross!

TOP SIX @ 6
Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Maroon 5 Maps
- 5 Sam Smith Stay With Me
- 4 Demi Lovato ft Cher Lloyd Really Don't Care
- 3 Iggy Azalea ft Charlie XCX Fancy
- 2 Jason Derulo ft Snoop Wiggle
- 1 Disclosure ft Sam Smith Latch

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3 LIFE

Move over, tomatoes: Citrus is the new salsa kid on the savoury block

Health Solutions

There's more to potassium than bananas



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

In the summer, fruit incorporated into main meals makes a big splash.

Of course, a handful of berries or a ripe peach is a great snack, but the combination of the tartness of citrus and softness of fresh herbs opens a whole new savoury door.

Bananas get all the attention as foods that are high in potassium, which is needed to regulate blood pressure and muscle cell regulation.

It is best to get potassium from food since it is easy to throw off the electrolyte balance with supplements.

Citrus fruits are also good sources but with about half the carbs of bananas. Too much sugar in the bananas makes them suspect in managing blood sugar.

Plus, citrus can swing both ways from

sweet to savoury.

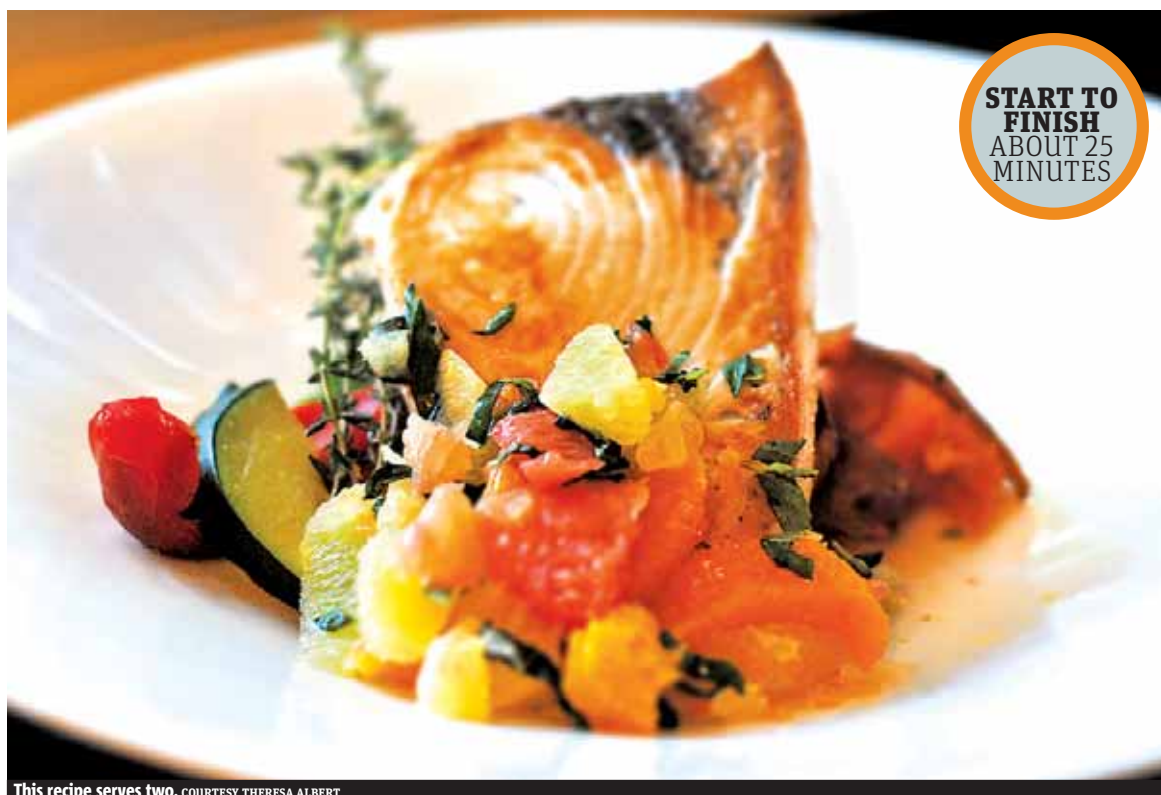
It is suggested that you get at least 4,700 mg of potassium each day.

The sources of potassium are deliciously varied:

- 5 oz fish = 626 mg
- 1 baked potato = 610 mg
- 1 banana = 422 mg
- 1/2 cup beans = 566 mg
- 1/2 avocado = 487 mg
- 1 cup milk = 387 mg
- 3/4 cup yogurt = 362 mg
- 1 orange = 237 mg
- 1 lemon = 116 mg
- 1/2 grapefruit = 166 mg
- Lime = 68 mg

What you really want to do is to vary the delivery system and find a whole lot of flavour doing so.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



START TO FINISH ABOUT 25 MINUTES

This recipe serves two. COURTESY THERESA ALBERT

THERESA ALBERT
myfriendinfood.com

There is nothing more fresh and light than citrus, and using it in savoury ways is no different. Rather than the usual tedious squeeze of lemon on your fish, try this combo that adds just enough acid to enhance the flavour and loads of vitamin C.

1. Toss together orange,

Ingredients

- 1 orange (segmented)
- 1 lime (segmented)
- 1 lemon (segmented)
- 1 grapefruit (segmented)
- 1/2 red onion, sliced thinly
- 1/4 cup honey
- Extra virgin olive oil
- 1 sprig of cilantro, chopped
- Salt and pepper
- 2 fish filets of your choice, lightly seasoned with olive oil, and salt and pepper

lime, lemon, grapefruit, red onions, honey, oil and cilantro. Add salt and pepper. Let sit for about 20 minutes to

meld the flavours.

2. Pre-heat a pan over medium heat for 2 minutes.

Alternatively, place a piece of foil on the bbq and add a teaspoon of oil.

3. Place fish filet down in pan or on foil for 2 minutes, depending on thickness. Flip once. Serve with citrus salsa.

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Smoked salmon adds a sophisticated touch

1. Heat the oven to 425 F.

2. In a medium bowl, toss the potatoes with 1 tablespoon of the olive oil. Season lightly

with salt and pepper. Transfer the potatoes to a baking sheet, then roast until tender and lightly browned, 15 to 20 minutes. Transfer the roasted

potatoes to a plate and refrigerate just until no longer hot, about 10 minutes.

3. While the potatoes cook and cool, use a mandoline or food processor to shave the fennel as thinly as possible. Do the same with the onion. Set aside.

4. In a large bowl, whisk together the vinegar, 2 tablespoons of the remaining olive oil, the mustard, sugar and a hefty pinch each of salt and

pepper. Add the shaved fennel and onion, then toss until well coated. Divide the mixture between 4 serving plates. Top with the cooled potatoes.

5. Divide the salmon into thin slices. In a medium bowl, drizzle the salmon with the remaining 1 tablespoon of olive and the lemon juice. Gently toss to coat, then season with pepper. Mound a quarter of the salmon over each salad, then sprinkle with fresh dill.

THE ASSOCIATED PRESS

Ingredients

- 12 oz new potatoes, quartered
- 4 tbsp olive oil, divided
- Salt and ground black pepper
- 1 large or 2 medium bulbs fennel, trimmed
- 1/2 small red onion
- 2 tbsp rice vinegar
- 2 tbsp whole-grain mustard
- 1/2 tsp sugar
- 8 oz cold-smoked salmon
- 1 tbsp lemon juice
- Chopped fresh dill



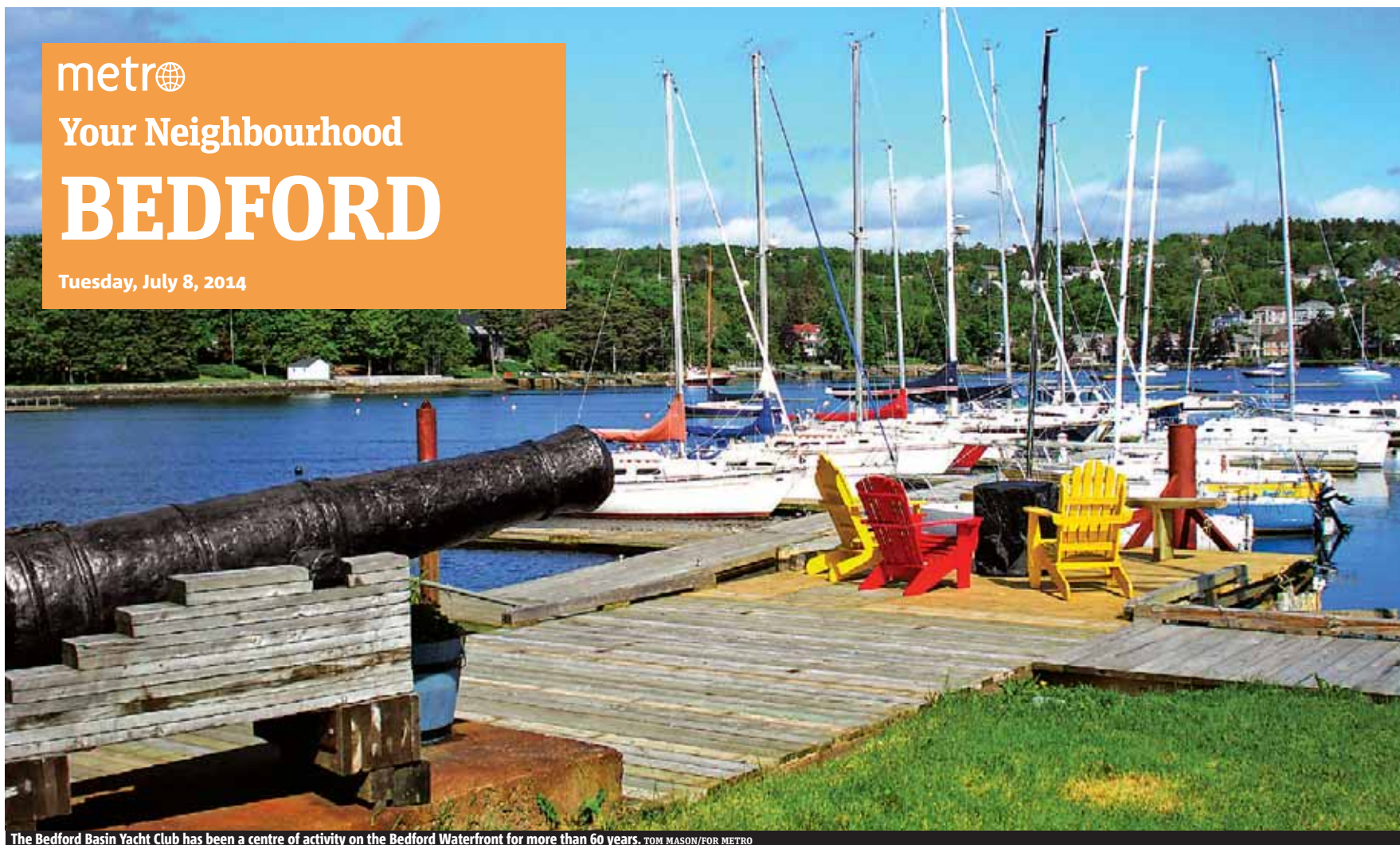
This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

metro

Your Neighbourhood

BEDFORD

Tuesday, July 8, 2014



The Bedford Basin Yacht Club has been a centre of activity on the Bedford Waterfront for more than 60 years. TOM MASON/FOR METRO

Sailors appreciate the Bedford Basin

TOM
MASON
For Metro

When the Bedford Basin Yacht Club (BBYC) laid down its first mooring line in 1954, the head of Bedford Basin was a different place than it is today. The area was a quiet strip of cottage country in those days; a place where resi-

dents of Halifax could escape the sweltering downtown heat of summer in favour of a cool saltwater dip, miles away from the fog banks that hung along the edge of the outer harbour, and the Atlantic Ocean.

More than 60 years later, the BBYC is still a centre for the local cruising and racing even if its setting has

become much more urban than it once was. The club holds weekly races throughout the summer months, a popular July regatta, learn-to-sail classes for all ages, regular concerts and events, and a variety of dockside and mooring services.

Sailors have long appreciated the challenging winds and sheltered bays of Bedford

Basin, but until recently the Bedford community at large has focused its attention inland, away from the basin's shores. That is changing, thanks in large part to new developments taking place around Mill Cove and Bedford South.

Today, DeWolf Park is becoming the new heart of the Bedford community. The

park was developed by the provincial crown corporation, Waterfront Development Corporation, in the 1970s in an effort to finally bring Bedford residents to their waterfront to play and relax.

The large green space has become a venue for community events, fairs and concerts. Named after local resident Harry DeWolf, who

was, at one time, the highest ranking Canadian naval officer in the Second World War, the park has also become an important Bedford landmark with a number of interpretive signs outlining the rich history of Bedford Basin. There is also a memorial of a ship's anchor on display in honour of Canada's merchant navy.



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Be entertained with the Bedford Players

From humble beginnings in the 1980s, the Bedford Players has grown to include around 100 volunteers who stage a number of small drama and comedy works every year.

The theatre company is currently working on its fall production of *Don't Dress For Dinner* by Marc Camoletti. Bedford Players board secretary Bonnie Matthews says the show should prove to be a couple of the "most rib-tickling hilarious hours spent in the theatre in some time."

The play revolves around Bernard, who is planning a romantic weekend with his chic Parisian mistress in his charming converted French farmhouse, while his wife, Jacqueline, is away. He has arranged for a cordon bleu cook to prepare gourmet delights, and has invited his best friend Robert along too to provide the alibi. It's fool-proof. What could possibly go wrong?

"Auditions for the play have already taken place

and our director Robin Saywood should be announcing the cast very soon," Matthews said.

"Each Bedford Players production donates \$1 per ticket sold to a specific charity. Our charity of choice for this production will be Alice House in Dartmouth, which is a safe haven providing a window of opportunity and hope for women and children fleeing domestic abuse."

The company's spring production will be Norm Foster's comedy *Love List*, directed by Clair Henderson. Auditions will likely be held sometime in the fall.

In addition to its annual fall and spring productions, Bedford Players also hosts play readings and theatre workshops.

"We are also hoping to offer a winter production this year for a weekend in February," Matthews said, noting that there will be a slight change in ticket prices this year due to changing the reservation format to Ticket Pro.

TOM MASON/FOR METRO



Now preserved as a community museum, Scott Manor House is Bedford's oldest existing building. TOM MASON/FOR METRO

A glimpse into the past

Scott Manor House. Home is Bedford's oldest surviving structure and area's heritage centre

TOM
MASON
For Metro

Joseph Scott may not be well remembered in Halifax today, but shortly after the city was founded in 1749, the Irish immigrant became one of the largest landowners in Bedford, owning a huge estate that stretched from the shore of Bedford Basin to Lower Sackville.

Today, the home he built on the property remains Bedford's oldest surviving struc-

ture and the home of the Scott Manor House Museum.

"We don't know exactly the date that the house was built," said Ann MacVicar, chair of the Fort Sackville Foundation, the organization that manages Scott Manor House.

"We do know for sure that it was standing in 1773, so it was probably built a few years before that."

Scott came to Halifax in 1749 with the group of settlers who founded Halifax. He served as an army quartermaster in New England before

starting a small shipping business on the Halifax waterfront. The house he built far away from the dirty downtown core was a beautiful example of a Georgian home, with nine fireplaces, mortarless chimneys, hand-hewn floorboards and a gambrel roof. He died at the house in 1800.

Today, Scott Manor House serves as Bedford's community museum, featuring displays of antique furniture and household items, British uniforms from the 18th century, a tearoom, archives and reading room, and much more.

"Our exhibits rotate weekly, so there's always something new to see," MacVicar said.

MacVicar said the museum's park-like setting is also impressive. "You almost feel like you're out in the country when you're here."

The grounds are also the start of the Fort Sackville Walkway, a five-kilometre trail that follows the Sackville River through downtown Bedford to the Fultz House Museum in Sackville – the first pedestrian walkway to connect the communities of Bedford and Sackville.

The Scott Manor House is owned by HRM and managed by the Fort Sackville Foundation.

"The museum is really the heritage centre of Bedford," MacVicar said.



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How to keep traffic moving

Infrastructure. Local councillor proposes ferries and rail links to ease congestion on the roads

TOM MASON
For Metro

Bedford has long advertised itself as a “traditional stopping place.”

In recent years, though, many of those all-too-frequent stops have come thanks to traffic congestion. That’s a situation that needs to be corrected, says Coun. Tim Outhit, who represents the area on HRM Regional Council.

“Bedford has tripled in size in recent years,” he said. “We’ve had unprecedented growth in our community and that’s a good thing, but all that growth has put a lot of strain on our transportation infrastructure.”

Outhit said there are a

number of ways to improve the situation by investing in both road infrastructure and transit service to the area.

“I’m a big proponent of ferries and rail links and I’d like to see both of those options developed in Bedford. I’d also like to see developers help pay for road improvements. It’s a good way to leverage growth to develop infrastructure.”

The opening of the Larry Uteck Boulevard Interchange on Highway 102 along with its multi-lane roundabouts nearly four years ago had a big impact on traffic flow to the area. A nearly completed connection between Larry Uteck Boulevard and Kearney Lake Road will also help. So will a new road now on the drawing board, that will



The opening of the Larry Uteck Boulevard Interchange has had a big impact on traffic flow in the area. TOM MASON/FOR METRO

connect Burnside to Rocky Lake, Outhit said.

“The Burnside Connector is a real priority for the provincial government,” he said. “They’ve decided where the road will be starting and stopping. Now it’s a mat-

ter of finalizing the route through DND property. It’s going to go a long way to alleviating traffic congestion through Bedford when it’s completed.”

Other traffic improvements that Outhit would like

to see include wider roads and more turning lanes on the Bedford Highway.

HRM is also issuing a request for proposals for a study into the feasibility of using existing railway tracks to develop a commuter rail

system connecting Bedford to downtown Halifax. That’s good news, Outhit said.

“Anything we can do to promote less cars on the Bedford Highway will be positive. A rail line would work well for the community.”

BBA. Group promotes buying local

A new organization in Bedford is helping businesses tap into the growing buy local movement. The Bedford Business Association (BBA) began three years ago as a way for businesses in the community to work together on issues that affect them.

Local businessman Steve Earle, who chairs the BBA board, said the group came about after an attempt to start a local business improvement district (BID) fell flat.

“We looked at developing

a business improvement district five years ago, but the way a BID works is that business landowners have to pay for it through their tax rates. When that failed to pass, we looked at starting a business association instead. That got quite a bit of traction with the business community.”

The association currently has about 60 members and is growing every year, Earle said.

One of the biggest priorities for businesses in Bedford is to encourage residents in the com-

munity to buy local, Earle said.

“Bedford is a real bedroom community. A lot of people who live here commute to Halifax or Dartmouth every day for work. They tend to forget that they can buy pretty much everything they need right here in Bedford.”

In fact, we have a number of good businesses in the community that residents might not even know are here. It’s important for local people to support those businesses.”

That’s because businesses in

Bedford are a vital piece of the community mosaic, Earle said.

“It becomes a very reciprocal relationship. Businesses support minor hockey and baseball, they support community events, they provide money to help build infrastructure. Businesses are very important to our community.”

The BBA provides a forum for local businesses to meet and provide support for each other. It also acts as an advocacy group on behalf of Bedford businesses. **TOM MASON/FOR METRO**



Bedford West has become one of HRM's fastest growing communities in the past few years. TOM MASON PHOTOS/FOR METRO

Growth is a positive trend for Bedford

TOM
MASON
For Metro

The major growth taking place along the western edge of Bedford is a positive trend for the community, says Bedford regional Coun. Tim Outhit.

"I don't think we've seen this kind of growth taking place in Bedford before, particularly in the area around Bedford West. We've got the new Larry Uteck Interchange, the BMO Centre, upgrades to the community pool, a new sports field and a lot of new businesses. People in Bedford West are really excited about the new amenities. It means they don't have to travel outside of the community."

The Parks of West Bedford is one of HRM's newest developments. Nestled between Kearney Lake Road, Hammonds Plains Road and

Unprecedented

"I don't think we've seen this kind of growth taking place in Bedford before, particularly in the area around Bedford West."

Bedford regional Coun. Tim Outhit

Highway 102, the huge development includes everything from major apartment complexes to single-family homes. A number of local developers are involved in the project, including Provident Developments, Cresco, Clayton Developments, Ramar and Shaughnessy Homes.

With easy access to Highway 102, The Parks of West Bedford is close to shopping at Bayers Lake and Bedford, and just 20 minutes from downtown Halifax. The de-

velopment includes walking and running trails, parks, watercourses, open green spaces, and playgrounds. The state-of-the-art BMO Centre, with its four NHL-sized hockey rinks, is also part of the community, as well as Northwood's new continuing care centre for seniors.

Project developers have paid particular attention to green building technology. All homes have been designed with an emphasis on sustainability including solar readiness, low-flow/flush fixtures, and the highest possible EnerGuide ratings.

Outhit said that even with the huge increase in population and the rapidly changing face of Bedford, the community has managed to hang on to the quality that its residents have come to love.

"We still have that small town sensibility that we've always had here in Bedford."



(she is because she's our patient)

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HRM agreed to put a one-year halt on development around the Bedford waterfront. TOM MASON/FOR METRO

Development on hold

TOM
MASON
For Metro

Crosby Island on Bedford Basin became a touchstone for the environmental movement in Bedford a few years ago when a local couple — Mark Currie and Sandra Banfield — started a group called Save the Bedford Basin Reef.

The group was a response to infilling that was taking place along the Bedford Basin waterfront to create new land for development.

What ensued was a heart-felt battle complete with petitions, T-shirts, and fundraising concerts that have gained momentum and support in Bedford. Recently, HRM agreed to put a one-year halt

on development around the Bedford waterfront, a move that will allow the community to have more input into the direction that new development takes in the area, says HRM Regional Coun. Tim Outhit.

“HRM agreed to put the development process on hold at my request,” he said. “There are a number of things we need to consider before we continue with it. We need to improve traffic flow and transit before we allow more people to live in that area. Also, we need a new vision of what development is going to look like on the waterfront.”

Part of that new vision would focus on building height limits and density

levels in the area. Outhit said there is also a desire in the community to see a public library, a new transit hub and even a performing arts theatre included in the development plan.

“We’d also like to save the Bedford Reef and Crosby Island. There isn’t enough green space included in the old development plan. The new vision would more than double the green space in the area.”

Outhit said the public will have a chance to provide input into the project when HRM convenes a public consultation process in 2015.

“The waterfront is a wonderful resource for Bedford. We need to move carefully and develop it well.”

Honours. Uteck, Martin were community icons

As the community of Bedford bursts its boundaries to the south and west, a number of new developments have changed the landscape and increased the population dramatically.

Two names in particular have become synonymous with that boom, since much of the development centres around newly-created streets Larry Uteck Boulevard and Gary Martin Drive. Uteck and Martin were both well-known and highly-respected HRM councillors who died far too young.

For most HRM residents, Uteck’s name is associated with football and the Saint Mary’s Huskies. He was born in Thornhill, Ont., and played with four CFL teams — the To-

ronto Argonauts, B.C. Lions, Ottawa Rough Riders and Montreal Alouettes. Uteck served as head coach of the Saint Mary’s Huskies from 1983-97, leading the team to three Vanier Cups.

Uteck had a strong dedication to his community, which led him to serve two years as city alderman beginning in 1994, and then as the first elected regional council member for District 13 (Northwest Arm — South End). During his tenure, he championed the Harbour Solutions Project and served for a time as deputy mayor.

He was diagnosed with amyotrophic lateral sclerosis in 1997 and died of the disease in 2002. He was just 50 years old.

As a 26-year veteran of the

Halifax Police Department, a department spokesperson and a resident of Bedford, Martin was well-known to the Halifax and Bedford communities long before he entered municipal politics in 2006.

Among his accomplishments, he spearheaded the creation of the department’s community response team to focus on developing neighbourhood crime prevention plans in HRM. He also spent time travelling across Canada to train other departments on connecting with their communities.

Martin was chosen to represent the district of Bedford on HRM Regional Council. In February 2008, he lost a long battle with cancer at the age of 53.

TOM MASON/FOR METRO

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History buried beneath old Fort Sackville

The first months of Halifax's existence were turbulent times. A cold war between England and France was starting to heat up and France's Mi'kmaq allies began using the Sackville River as a canoe route to stage raids on the new settlement.

To protect the city, an enigmatic colonel named John Gorham — a New England of-

ficer who commanded a group of Mohawk guerrilla soldiers known as Gorham's Rangers — was sent to the mouth of the river to build a small fort.

Today, most traces of Fort Sackville have disappeared, but the land near Shore Drive in Bedford could still prove to be a treasure trove of history, says Ann MacVicar, the chair

of the Fort Sackville Foundation.

Only two archeological studies have been done on the site — the last one, undertaken more than 20 years ago by archaeologist and St. Mary's University Prof. Stephen Davis — consisted of digging a few small holes.

"We were told at the time

that this would cost a great deal of money to excavate the site properly," MacVicar said. "We were advised to leave it untouched until we could afford to do a proper job."

MacVicar said while parts of the fort, including the soldiers' barracks, existed into the early 20th century, no one alive today can remember see-

ing it. A railway line that was built more than 100 years ago cut through the centre of the fort grounds, and that likely caused its demise. The last wooden structures of the fort burned in a fire that started in a nearby hotel.

"Fires were common in Bedford in those days," MacVicar said. "Trains travelling through

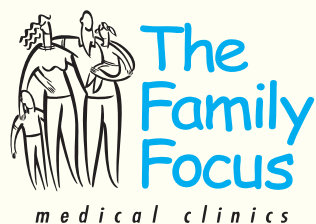
the town would give off sparks and they would spread to the wooden buildings."

MacVicar said if money is found to complete an excavation of the site, the results will probably be impressive.

"There's a good deal of Bedford's early history buried around the fort site."

TOM MASON/FOR METRO

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A welcome addition

TOM MASON
For Metro

No area of HRM has grown faster in recent years than the narrow strip of land in South Bedford that runs along Larry Uteck Boulevard. From a quiet bedroom neighbourhood surrounded by forests a decade ago, the community has mushroomed along several new roads, including Larry Uteck and Southgate Drive.

Apartment and condominium complexes, large residential swaths, a new school and a major shopping and business area near Highway 102 have been recently added to the community.

Once development is completed, the Larry Uteck area is expected to add more than 17,000 people to the population of Bedford. It's a welcome addition to the community, according to Bedford Business Association chair Steve Earle.



The Ravines is a 500-acre neighbourhood of single-family homes, condos, executive townhouses and urban estates. **TOM MASON/FOR METRO**

"The Larry Uteck development is a good thing for the community," he said. "Residential growth is vital to the economy of Bedford and Larry Uteck is the major growth area right now."

The development has attracted a who's who of Halifax developers, including Clayton Developments, which is spearheading a

number of major developments in HRM, including the Russell Lake/Baker Drive development in Dartmouth.

In the Larry Uteck area, the company has developed The Ravines, a 500-acre neighbourhood of single-family homes, condominiums, executive townhouses and urban estates that is already home to about 600 families.

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The Fort Sackville Walkway connects with the Sackville River Greenway Trail at Bedford Place Mall. TOM MASON PHOTOS

When history trails off...

TOM
MASON
For Metro

Bedford has been a community of parks for a long time. Now, with developments taking place on the Bedford Waterfront, at Larry Uteck Boulevard and in West Bedford, the city and private developers are placing new emphasis on green space development: creating even more parks and hiking trails for the community.

Already along Shore Drive, at the head of Bedford Basin, a string of parks, including Fish Hatchery Park, Summer Cove Way, Picnic Cove Park, Long Cove Access Park and Admirals Cove, offer picnic areas and access to Bedford Basin or the

Sackville River. Further down the Basin, Hemlock Ravine Park is a wooded tract about the same size as Point Pleasant Park. It occupies land that was originally the 18th-century estate of Prince Edward, Duke of Kent, the father of Queen Victoria, in the days when he was military commander at Halifax.

Newer green space trails include the Fort Sackville Walkway, a five-kilometre-long trail that follows the Sackville River through downtown Bedford from Scott Manor House on Bedford Basin to Fultz House Museum in Sackville. The Sackville Rivers Association started the trail project more than a decade ago by first developing the portion of trail that runs from Fort Sackville to Range

Park in Bedford. Next came the section that connected the first walking trail to the communities of Bedford and Sackville, through a forested area on the DND rifle range property. Phase three of the trail will be called the Bedford Sackville Connector Greenway. It will follow the course of the Little Sackville River when it is completed.

The Old Coach Road is one of Bedford's newest hiking trails: a moderately steep trail that runs through The Ravines development on Southgate Drive. As the name suggests, the trail was once an old road that ran parallel to the Bedford Highway. It was rescued from oblivion by Clayton Developments at the start of their Bedford South development.



The Old Coach Road Trail was preserved as a woodland hiking trail near The Ravines development on Southgate Drive.

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At Dulux Paints in Bedford, it's all about customer service.

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They believe strongly in the "old fashioned" customer service way of doing business. They always have time to personally help you choose the proper paint for the job and the staff at Dulux Bedford is the best in town at recommending color. They know what's popular and they also know the current trends. Just bring in some pictures of your project, a piece of fabric or



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flooring - anything - and they will build a color scheme around it. With 6,000 of their own colors as well as formulae for all other paint suppliers in their computerized tinter, they can make the job easy. Not sure what your color is, bring in a piece from behind a light switch plate and they will scan it.

To compliment your new décor, Dulux offers a wide selection of custom made window blinds and shades. These window treatments allow you to control the sun's power and light. Providing everything from room darkening for the shift worker in the family to see-through light control

allowing you to watch the children in the back yard without the heat and glare of the sun. They also allow you to minimize the damaging effect of UV rays on your new furniture and flooring.

The Dulux Paint brand is now part of the PPG Architectural Coatings group and they have a product for every need. From Low or Zero VOC paints, interior, exterior, deck products, they have it all. As well, they are now a supplier of Amercoat Protective Coatings and PPG High Performance Coatings.

Dulux Paints in Bedford is your paint and coating expert... locally owned and operated AND ready to serve you.

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With NHL stars such as Sidney Crosby calling the Halifax area home, it's no wonder hockey is a popular sport in HRM. TOM MASON PHOTOS



The BMO Centre in Bedford West has become a centre for hockey in the region with four NHL-sized ice surfaces open year round.

BMO Centre plays host in HRM

With the recent successes of Halifax area NHL stars Sidney Crosby, Nathan MacKinnon and Brad Mar-

chand, it's no secret that hockey is a popular sport in HRM. And lately Bedford — or more specifically the

BMO Centre — has become the centre of all things hockey in HRM.

The \$40-million state-

of-the-art facility on Gary Martin Drive, just off the Hammonds Plains Road, is one of the largest and most technologically advanced sports facilities in the region. It features four NHL-sized rinks, large change rooms, a spacious foyer, food and beverage services and a sports retail store.

With the ability to host four games at the same time, the BMO Centre is quickly garnering a reputation throughout the province as the ideal facility to host multi-team tournaments. The location is also

a plus, just a few hundred metres from Highway 102, close to hotels and amenities such as shopping malls and restaurants.

Having a Pro Shop-Cleves Source for Sports outlet on the premises adds the further dimension of allowing players to quickly get skates sharpened, replace broken sticks or buy anything from a roll of hockey tape to a new piece of equipment on the spot.

Summer sports are also a focus of the BMO Centre — particularly the sport of beach volleyball that's been

growing in popularity in recent years. The Courts of West Bedford is a unique facility including four full-size, outdoor beach volleyball courts located in a fenced-in area on the east side of the complex. The courts feature floodlights, and are connected to a canteen, washrooms, showers and dressing rooms.

BMO Centre organizers says that a potential one million people will visit the centre this year, making it the true hub of sports in HRM. **TOM MASON/FOR METRO**

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LEARNING CURVE

CONTINUE TO LEARN WHILE YOU WORK

Summer is in full swing, and many university and college students have been working for a few weeks or are about to start. In terms of gaining valuable experience, it doesn't matter if you are working in your area of study or not.

"There are a number of important lessons that can be learned with any job, including summer jobs you know will end in a couple of months," says Connie Clace, a certified professional coach and the owner of Connie's Career Coaching Services in Mount Uniacke, N.S.

ENHANCED COMMUNICATION

Effective communication skills can benefit you in all aspects of your life, and each job will help develop these skills. "You can see how your communication skills affect those you deal with," Clace says. Try to determine which communication styles work for you and which ones don't.

TRANSFERABLE SKILLS

Once you have decided on your career path, re-

search that industry or sector and find out what skills and attributes are typically required.

"Once you've identified those skills you can look at your summer job and see what you're doing that will help develop those skills to better position you for your career job," Clace says.

STRONG WORK ETHIC

Whether you are babysitting or bartending for the summer or the CEO of a major corporation, you should always put 100 per cent into your performance. "You never know whom you will meet in the course of doing your job and who may play a role in your future," Clace says.

CONFLICT RESOLUTION

At some point, every job will present some sort of conflict. It's important to handle those tense times with professionalism and respect. "Dealing with minor conflicts in your summer job can provide you with the skills to deal with major conflicts in a career position," Clace says.



SHUTTERSTOCK

IDENTIFYING STRENGTHS AND WEAKNESSES

You will learn where you thrive and where you don't. "I had one summer job where I did vacation relief in an office, including filing, book-

keeping and reception," Clace says. "I hated answering the phones, so I ensured that I didn't choose a career where my primary function would be receptionist duties."

—Jane Doucet



CONTRIBUTED

Help others with travel adventures

The travel and tourism program at Success College will prepare you to go places in your career.

"Share your interests with clients by offering them your knowledge in local, national and international travel options and cultural interests," says Janice Currie, director, Success College.

Not only will students learn how to prepare travel itineraries for clients and groups, but they will also gain first-hand experience in international travel with a one-week

familiarization tour.

The travel and tourism program will prepare students for this industry with in-depth training in the Apollo and Sabre reservation systems used in the field.

"Our travel and tourism program is taught by industry experts, and students benefit directly from the breadth and depth of their experience," Currie says.

The curriculum has been developed so students can finish a two-year program in just 60 weeks.

"With over 100 years of experience behind us, we're confident that our model of career education has evolved to offer the optimal combination of classroom instruction, practical hands-on learning and on-the-job experience," Currie says.

Success College also prepares students for other consumer-focused careers in custom services such as interior decorating and IT specialist.

For more information, please visit successcollege.ca.

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HOW TO VISIT HOMES SAFELY

TWO WORKSHOPS SCHEDULED IN JULY

What would you do if you knocked on the door of a house door and someone answered in nothing but their birthday suit?

Don't laugh. It's a situation that contractors and vendors face more often than one might suspect. Over the last few years, more and more work is being performed in client homes rather than in offices and storefronts.

Although most home visits by vendors/

contractors are routine in nature and incident free, the possibility always exists for unsafe situations or conditions to develop before, during and after interfacing with a client in their home.

"Our clients tell us they struggle with awkward or unsafe situations that progress," says Jerry MacAlpine, director of business, Commissionaires Nova Scotia. "To prepare individuals,

we created a home visit safety workshop that provides the necessary knowledge to work efficiently and safely in someone else's home. The training emphasizes situational awareness, as well as discusses personal safety techniques and how to deal with aggression, all while providing a positive customer service experience."

Commissionaires Nova Scotia has two workshops coming up — July 15, from 9 a.m. to noon, and July 16, from 6-9 p.m. For more information or to register, email HVSWorkshop@commissionaires.ns.ca or call 480-2116.



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SHUTTERSTOCK

Learn fundamentals of web and graphic design at CAT

Make a career of your passion for the arts

When the opportunity to redesign the Tunes at Noon (a free outdoor concert series in the summer) poster landed on the laps of two Centre for Arts and Technology (CAT) students, they jumped at the chance to use

their newly acquired skills to work together on the creative.

Graphic design and web development students Danielle Colley and Christopher Smith not only learned how to work with a client to deliver a product that successfully meets their needs, but they also learned how to work together as a team.

"What I learned in this program really helped me through this campaign simply

because the courses we have are teaching us about the fundamentals of design and it's teaching us how to communicate with clients, also with people you're working with in a group," Colley says. "Without those aspects, it would have been hard for Christopher and I to finish this campaign completely."

Both students came to the program with a passion for the arts.

After spending a number of years working for minimum wage in customer services jobs, Smith was looking for a change.

That is when he began researching schools with graphic design programs.

"CAT had everything that I was looking for and then some," Smith says.

For more, visit digitalartschool.com.

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NEW LANGUAGE OPENS DOORS

A new language enables students to better understand other people's culture and customs, along with gaining a professional advantage when it comes to seeking out jobs.

At Université Sainte Anne, learn French faster through the full-time intensive program.

"The program will enable students to differentiate themselves from their competitors in the job market," says Neda Ghaferi, French language training adviser at Université Sainte Anne.

The full-time intensive program runs Monday to Friday and students will immerse themselves in the language for six hours a day, totalling 30 hours per week.

These sessions are five weeks in length and

are offered all year round.

"Learning French can lead to higher salaries and increased opportunities in the region and globally," Ghaferi says.

Université Sainte-Anne is the only French-language post-secondary institution in Nova Scotia and offers both full- and part-time French language training, taught by some of the most experienced teachers in the region.

The full-time program offers students up to six different levels, while the part-time day and evening program is offered every season of the year, with 17 different levels offered each day.

For more about these programs, call 902-424-1164, or visit usainteanne.ca/clts.

Consider a job in accounting

Study at Maritime Business College

Consistent with its mission of being a pioneer in the field of business, Maritime Business College offers a comprehensive program in accounting.

The college first taught accountancy when it opened in 1899, and the founder himself was a chartered accountant.

"Our program carries on this long tradition and helps meet the demand for people who can create and interpret the financial data necessary for day-to-day decision making," says Janice Currie, director, Maritime Business College.

"If you love a job with a clear process, have a knack for numbers, and pay great attention to detail, consider a job in accounting."

In addition to the core skills that are relevant to their program, students are taught the essential skills of how to market themselves and how to succeed in the workplace.



CONTRIBUTED

Instructors at Maritime Business College leverage their vast network to bring in compelling guest speakers and arrange experiential field trips.

Maritime Business College also offers extensive career services to assist students with their job search.

"Our graduates enter the workforce trained with the up-to-date skills that they need to excel," Currie says.

These programs have been designed so students can complete their diploma in 52 weeks.

For more information, please visit maritimebusinesscollege.ca.

Home Visit Safety Workshops

Do you visit clients' homes as part of your work?

Although most home visits are routine and incident free, the possibility always exists for unsafe situations to develop before, during and after interfacing with a client in their home. Commissionaires Nova Scotia has created a Home Visit Safety Workshop to assist you in keeping safe on the job. Topics covered include:

- Customer service procedures/tips
- Pre-visit planning
- Legal/regulatory requirements
- Personal safety during visit
- Dealing with aggression
- Do's and Don'ts
- Post-visit wrap-up
- Vehicle and travel safety
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6:00pm - 9:00pm

Remembering Jordan Boyd

Fundraiser. Celebrity hockey tournament to benefit Heart and Stroke Foundation, leadership award

KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

Jordan Boyd's own shocking and sudden death may have saved his older brother's life.

After the 16-year-old hockey player from Bedford, seemingly healthy and strong, collapsed and died while training on ice with the Bathurst Titan last summer, his entire family underwent heart screening.

That included older brother Greg Dobson, who was subsequently diagnosed with an uncommon condition called Wolff-Parkinson-White syndrome, or WPW, which required 15 hours of surgery to repair.

"It was deemed life-threat-

Celebrity hockey tourney

Check out jordanboyd.ca to find out how to register a team or donate. Updates are also on Twitter @hkychallenge.

Quoted

"For him, hockey never ended."

Greg Dobson on his late brother, Jordan Boyd

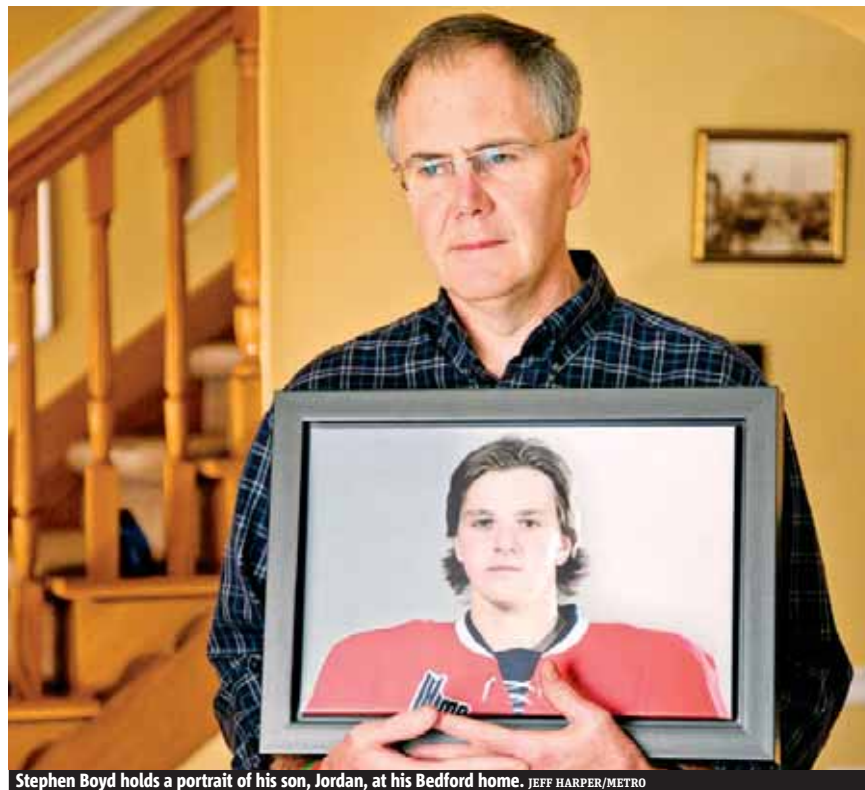
ening," Dobson, 22, said Monday. "It was so unique, that it was the first surgery of its kind in Canada, and second of its kind in the world."

So it was an easy choice for Dobson to lead the Jordan Boyd Celebrity Hockey Challenge, taking place Saturday, Aug. 2 at the BMO Centre. The first-ever event features eight teams and star power from pros such as Andrew Bodnarchuk, Brad Marchand, James Sheppard and Shawn O'Donnell.

Proceeds will go toward the Heart and Stroke Foundation of Canada and the Jordan Boyd Leadership Award, given to amateur players who demonstrate leadership and sportsmanship.

"Since then, I have found out that I've been diagnosed with the gene for the condition that Jordan had," Dobson said of arrhythmogenic right ventricular cardiomyopathy, or ARVD for short.

"I go to the gym, but I need to be cautious of not straining myself," Dobson said. "With Jordan, he put weights on his



Stephen Boyd holds a portrait of his son, Jordan, at his Bedford home. JEFF HARPER/METRO

vest and ran up and down Citadel Hill, followed by an hour at the gym, followed by an hour on ice, almost every day of the week when he was training

for the QMJHL."

The Jordan Boyd Celebrity Hockey Challenge comes close to the one-year anniversary of his Aug. 12, 2013 death.

"It's tough," Dobson said. "There's always something that doesn't quite feel the same, but we are a very strong family."

Big summer ahead for Mooseheads' top draft pick

The first time Brett Crossley put on a Halifax Mooseheads jersey, it was his fifth birthday.

Just over a decade later, the 16-year-old from Cole Harbour gets to wear the green H on his chest as a member of the team he grew up watching.

"When I got to pull over the draft jersey, it (was) a big relief," he said Monday of joining the Herd for the 2014-15 season. "At the same time, you ... feel a little bit of pressure to do what you have to do to get there, and excel."

Quoted



"Sidney Crosby, he skates in the off-season with my Dad and just getting the chance to see him, you see how hard he works." Brett Crossley on his local role model

The six-foot, 161-pound forward was selected 21st overall in the second round of the 2014 QMJHL Draft held last month.

"That being the highest level of hockey around ... it's

like the NHL," he said from the University of Prince Edward Island campus in Charlottetown, where he is training on and off the ice this week.

"If I could choose any team, it was Halifax."

Crossley's pre-season preparation includes another dream opportunity. He is one of 96 skaters from across the country invited to attend Hockey Canada's under-17 development camp, taking place July 29 to Aug. 4 in Calgary. That puts him in the running to represent Canada at the 2014 World Under-17 Hockey Challenge.

Crossley also has some strong role models motivating him as he readies for his first major junior season.

Older sister Alexis, now 20, won gold with Canada at the 2012 World Women's U18 Championship in Zlin, Czech Republic. His father, Brad, was Pittsburgh Penguins captain Sidney Crosby's long-time minor hockey coach.

"Even though he's the best player in the world, he's still trying to be better," Crossley said of positive influences.

"Every opportunity you can get ... do all the little things to get better."

KRISTEN LIPSCOMBE/METRO

Minor hockey

New tournament to get more girls into the game

A new hockey tournament coming to the Dartmouth area this fall hopes to get more girls into the game.

The Shearwater East Dartmouth Minor Hockey Association, along with

the Dartmouth Whalers Minor Hockey Association, announced Monday the all-female tournament will run Nov. 27-30.

The SEDMHA Minor Hockey Tournament is usually held in the spring.

"This tournament will be its own unique event, designed to unite female hockey players and assist in growing the game," a news release said.

Tournament chairman Wayne MacDonald said SEDMHA hopes that having this event at the start of season will increase "the number and variety of teams."

"For female hockey, the time frame has been a challenge," Dartmouth Whalers past president Sean McKenna said. "The fall will be a better time of year for the girls."

KRISTEN LIPSCOMBE/METRO

'I'm more mature'

Drouin doesn't want to come back to Mooseheads

Jonathan Drouin feels done with the Halifax Mooseheads.

"I'm over (being sent back)," the 19-year-old forward from Dollard-des-Ormeaux, Que., told NHL.

com this week.

He credits the Herd with helping him grow as a player and a person after he was selected third overall in the 2013 NHL Draft by the Tampa Bay Lightning, but was sent back down to major junior.

"I'm more mature," he said at prospect camp. "I grew a little bit, being one of the older guys on the (junior) team." METRO



Kittel makes it 2 out of 3 in English leg of Tour de France

Marcel Kittel of Germany and Team Giant-Shimano celebrates as he wins Stage 3 of the Tour de France from Cambridge, England, to London on Monday. Kittel also won the first stage. Monday's race wrapped up the English debut to the 101st Tour edition with Italy's Vincenzo Nibali retaining the overall leader's yellow jersey. Scan the image with the Metro News app for additional photos from Stage 3 of the Tour de France.

DOUG PENSINGER/GETTY IMAGES

Brazil needs new hero with Neymar on shelf

World Cup semifinals.

Home team will have to attack from the back versus Germany without striking power

With Neymar out and Brazil's forwards ineffective throughout the World Cup, it will be up to the team's defenders and midfielders to keep Brazil in contention at the World Cup.

Brazil is having to turn the focus away from its once-mighty attack ahead of the semifinal against Germany on Tuesday, hoping the rest of the team will be able to come through and carry the hosts into the final.

Brazil scored 10 goals in its first five matches, with half of them coming from defenders and midfielders. Neymar scored four, with centre forward Fred finding the net only once. Defenders scored the team's other three goals.

Without any reliable options for the attack, coach Luiz Felipe Scolari is almost certain to replace striker Neymar with a midfielder.

Scolari recently even considered removing Fred from the lineup and adding a third central defender, going back to the 3-5-2 formation that he used when he led Brazil to its fifth world title in 2002.

"We are a team, and a team is not made up only of strik-

Shorthanded

Brazil hasn't had a star striker since Ronaldo stopped playing after the 2006 World Cup. Luis Fabiano was the team's starter in the 2010 tournament in South Africa.

- In addition to missing Neymar, Scolari also won't be able to count on captain and central defender Thiago Silva because of a yellow-card suspension. Dante, who plays in Germany for Bayern Munich, is almost certain to replace him.

ers," Scolari said. "We have a group. When this group wins, everybody wins, regardless of who scores the goals."

Chelsea midfielder Wilian is the most likely replacement for Neymar, but in the team's final practice on Monday, Scolari hinted that he may even use three defensive midfielders, with Luiz Gustavo returning to the team after a yellow card suspension.

"We have good players for the sector where Neymar played," Scolari said. "We have options. I'm confident, I'm not worried."

In addition to the Barcelona star, the coach picked four other strikers for the World Cup: Fred, Bernard, Jo and Hulk. **THE ASSOCIATED PRESS**



Brazil head coach Luiz Felipe Scolari gestures during a practice at the squad's training complex on Monday in Teresopolis, Brazil. BUDA MENDES/GETTY IMAGES



Germany head coach Joachim Loew looks on during a practice at Estadio Mineirao on Monday in Belo Horizonte, Brazil. MARTIN ROSE/GETTY IMAGES

NHL. Senators' GM Murray diagnosed with cancer

Ottawa Senators' general manager and president of hockey operations, Bryan Murray, has been diagnosed with cancer.

The team confirmed the diagnosis Monday in a statement on its website.

"Mr. Murray is undergoing further testing and will begin treatment immediately for this condition as prescribed by the team's doctors in collaboration with specialists," the statement read.

"Mr. Murray's treatment schedule may require him to be away from the Senators office periodically. During his periodic absence, assistant general managers Pierre Dorion and Randy Lee will be responsible for managing the Ottawa Senators' hockey operations department.



Senators general manager Bryan Murray **THE CANADIAN PRESS**

"On behalf of the entire Senators family, the team is asking that the thoughts, prayers and support of the entire hockey community are with Bryan and his family."

Murray, 71, has been with the Senators since June 2004. **THE CANADIAN PRESS**

MLB

Encarnacion starts DL stint

The Toronto Blue Jays placed slugger Edwin Encarnacion on the 15-day disabled list with a right quadriceps strain and activated outfielder Nolan Reimold before Monday night's road game against the Los Angeles Angels.

Encarnacion, who has 26 home runs and 70 RBIs, suffered the injury while legging out a grounder on Saturday. **THE CANADIAN PRESS**

Tennis

Raonic, Bouchard rise in rankings

Milos Raonic rose three spots to No. 6 in the ATP men's tennis rankings, while fellow Canadian Eugenie Bouchard also reached a career high as she moved up six spots to No. 7 on the women's WTA list.

Wimbledon doubles champion Vasek Pospisil of Vancouver also made a jumped from No. 94 to No. 33 in the men's doubles rankings. **THE CANADIAN PRESS**

NFL. Judge OKs concussion settlement involving thousands of ex-players

A federal judge on Monday granted preliminary approval to a landmark deal that would compensate thousands of former NFL players for concussion-related claims.

The ruling by U.S. District Judge Anita Brody in Philadelphia came about two weeks after the NFL agreed to remove a \$675-million cap on damages. Brody had previously questioned whether that would be enough money to pay all claims.

"A class action settlement that offers prompt relief is superior to the likely alternative — years of expensive, difficult, and uncertain litigation, with no assurance of recovery, while retired players' physical and mental conditions continue to

Future coverage

65

The settlement is designed to last at least 65 years and give \$1 million or more to retirees who develop Lou Gehrig's disease and other profound neurological problems.

deteriorate," Brody wrote.

More than 4,500 former players have filed suit, some accusing the league of fraud for its handling of concussions.

They include former Dallas Cowboys running back Tony Dorsett and Super Bowl-winning Chicago Bears quarterback Jim McMahon, who suffers from dementia.

THE ASSOCIATED PRESS

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You know fate is what you make of it and today you are determined to make of it something grand. The future? Bring it on!

♉ Taurus

April 21 - May 21

The planets indicate the right time for making your mark on the world is now. Don't wait to be asked — elbow your way to the front and just do it.

♊ Gemini

May 22 - June 21

It may be tempting to neglect certain responsibilities but others are watching you closely. If you cut corners it won't do your reputation a lot of good. Make an effort.

♋ Cancer

June 22 - July 23

It's the best time of the year for you. Even a setback of some kind today won't wipe the smile from your face. You know every setback brings a new opportunity.

♌ Leo

July 24 - Aug. 23

The Sun's transit of the most sensitive area of your chart is to blame if you just can't face the world at the moment. That's OK — you don't have to.

♍ Virgo

Aug. 24 - Sept. 23

You will have to be firm with someone today but you will also let them know that if they stick with you they will get their fair share of the glory.

♎ Libra

Sept. 24 - Oct. 23

You seem to be in a bit of a slump. You're an ideas person, so think of ways to boost your productivity.

♏ Scorpio

Oct. 24 - Nov. 22

Today's link-up between the Sun and Uranus means you won't hesitate to strike out in a new direction. Life is too short for not taking chances.

♐ Sagittarius

Nov. 23 - Dec. 21

Listen to what friends and family members have to tell you over the next 24 hours and, if their advice sounds good, act on it. Don't let your ego get in the way.

♑ Capricorn

Dec. 22 - Jan. 20

You like to take your time with new ideas but if you do that today you could miss out. The first idea that comes into your head is the one you must follow, no matter how silly it might seem to begin with.

♒ Aquarius

Jan. 21 - Feb. 19

Today's link between the Sun and your ruling planet Uranus will give you the impetus you need to change those areas where you are still not happy with your performance.

♓ Pisces

Feb. 20 - March 20

You need to get your act together and get something started today. Don't be afraid of change — change is your friend and ally.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. 1995 Shania Twain album: 'The Woman'
5. Juice: French
8. Royal ___ (Canadian real estate company)
14. Study hard
15. The Col.'s eatery
16. Fishing nets
17. Ramin ___ (Canadian singer/stage star)
19. Became quite warm: 2 wds.
20. Athens' country, to the IOC
21. Bout ends, e.g.
23. 'Excess' suffix
24. California baseball team [acronym]
26. Composer Mr. Mahler
29. Take flight
30. Airport sched. word
31. Garden dweller
32. Boos!
33. Meaningful
35. Belonging to Memphis' li'l state
36. Cole Porter's "___ Clown"
37. #59-Across can be worn as one: 3 wds.
43. Ms. McGillis, briefly
44. Can
45. Shredded cabbage
46. Celebrate
49. Treaty of ___ (War of 1812 finisher)
51. Disney deer
52. Grimace

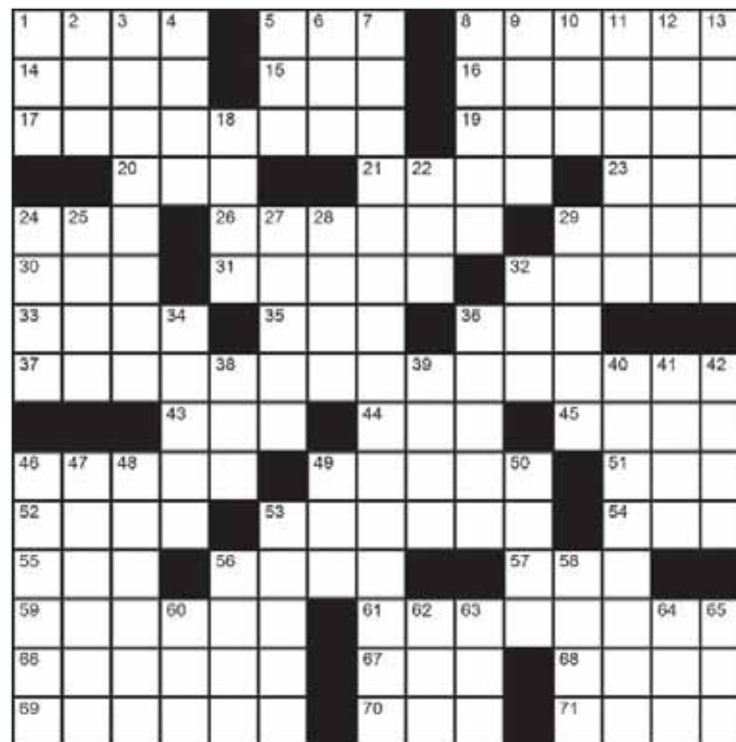
53. Silk-spinner
54. '___' in Xylophone
55. "___ Pat" (1994)
56. 7th Greek letters
57. Calgary's prov.
59. LBD = ___ Black Dress
61. Banff National Park: Valley of the

66. Tchaikovsky's Symphony No. 5 key,
67. Virgo's predecessor
68. Fox musical dramedy
69. Submitted by post: 2 wds.
70. Ums...
71. Hip poetry event

6. ET's ride
7. One of the four floral emblems on The Arms of Canada: 2 wds.
8. ___. ___. (Provincial representative)
9. Greek Myth: God of love
10. Butter portion

Down

1. "Eew."
2. Firearms org.
3. Queen Elizabeth's younger sister
4. Title in Turkey
5. Alphabetic trio



11. For some time
12. Shelly ___ (Canada's Heritage Minister)
13. Makeup maven Ms. Lauder's
18. Ms. Ryan's
22. Mr. Penn
24. Cheryl of "Charlie's Angels"
25. Region
27. Up to
28. Crooned
29. Achievements
32. Game: French
34. Orange ___ (Tea)
36. Good luck! = ___ chance!
38. Napoleonic Wars marshal
39. Linked
40. ___ Technology, as per Gillette's new ProGlide razor
41. Collector's suffix
42. Shakespearean word
46. Actor Mr. Hirsch's
47. Guess Who song: 2 wds.
48. Canuck singer Mr. Bieber
49. 4.0, e.g.
50. Snare
53. "America's Got Talent" judge Howard
56. H.G. Wells people
58. Table holders
60. AC/DC song
62. 'Racket' suffix
63. Refusals
64. New Zealand parrot
65. School yr. part

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	6	9	7	3	1	5	4	8
1	5	4	6	9	8	7	2	3
8	3	7	5	4	2	6	9	1
4	2	3	1	5	7	8	6	9
7	8	1	4	6	9	2	3	5
6	9	5	8	2	3	4	1	7
5	1	2	9	7	4	3	8	6
9	4	6	3	8	5	1	7	2
3	7	8	2	1	6	9	5	4

		5					9	
7	3						5	6
		2	8			7	3	
6				8	3		2	
				1				
	8		9	4				5
	9	4			1	3		
3	2						8	9
	7					1		



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- Cruise Control

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CITY: 10.2L/100 KM

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HWY: 5.3L/100 KM
CITY: 7.6L/100 KM

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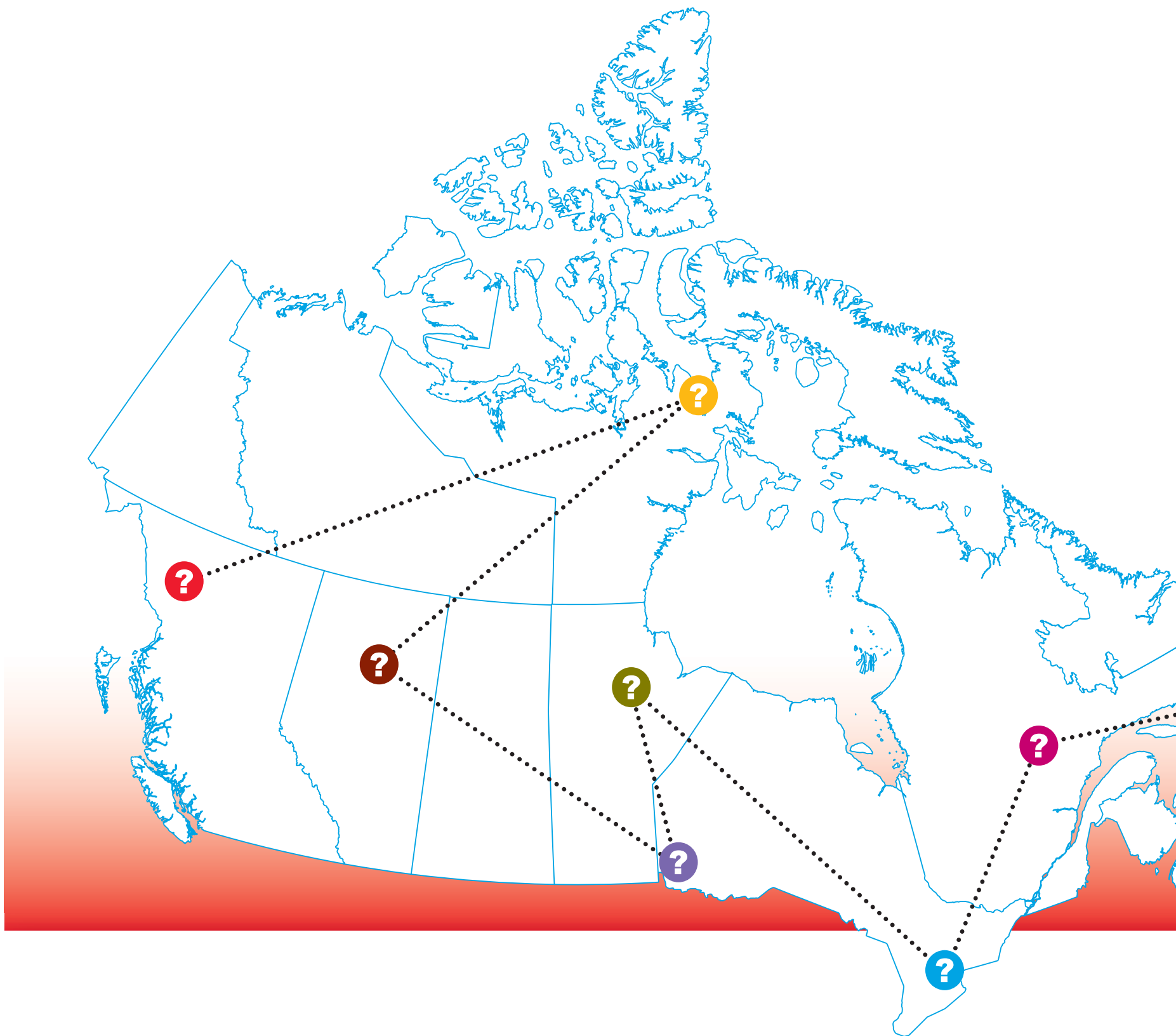
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